

Bushwalk Australia



Best of SA

Volume No 13, October 2015

Bushwalk Australia Magazine
An electronic magazine for
<http://bushwalk.com>
Volume 13, October 2015

**"We acknowledge the
Traditional Owners of this
vast land which we explore.
We pay our respects to their
Elders, past and present,
and thank them for their
stewardship of this great
south land."**

Cover picture



Mt Arden walkers
by Brian Eglinton

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The copy deadline for
December 2015 edition is
1 November 2015.

Warning

Like all outdoor pursuits, the activities described in this publication may be dangerous. Undertaking them may result in loss, serious injury or death. The information in this publication is without any warranty on accuracy or completeness. There may be significant omissions and errors. People who are interested in walking in the areas concerned should make their own enquiries, and not rely fully on the information in this publication.

The publisher, editor, authors or any other entity or person will not be held responsible for any loss, injury, claim or liability of any kind resulting from people using information in this publication.

Please consider joining a walking club or undertaking formal training in other ways to ensure you are well prepared for any activities you are planning. Please report any errors or omissions to the editor or in the forum at BWA eMag.

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The Bush It Gives
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From The Editor

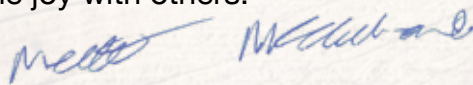
Wow it can't be two years, but it is. Two years ago we kicked off *Bushwalk Australia* magazine. What great fun it's been.

I could spend the whole edition thanking people for all they have done to make this possible. It has been a true community effort and it has been a great joy to be part of it. A special thanks to Eva for her hard work and dedication to layout and manage each edition. To Stephen our sub-editor and prompter of greatness, it is wonderful to have someone who is focused on the details and making things better. To regular contributors such as Geoff, Caro and Sonya who reliably provide great and interesting articles. A big thanks to many people - too numerous to name - who have provided articles and images in their area of interest and speciality. In the last two years over 100 people have been involved in producing *Bushwalk Australia* - amateur and professional writers, photographers, park management, MPs, government staff, ecologists, police, land owners ... it's a long list.

I feel so much richer for all I have learned through meeting these great people and reading their articles. I also want to thank the Ministers and Park Managers who not only care for these places but have also reflected on bushwalking in their neck of the woods and taken the time to share their vision with us.

At the end of this day this is about making our time bushwalking better. A chance to stop and reflect on other people's journeys. Some of use like to explore remote wild places off track, others like explore on track walks. It doesn't matter to me if we day walk or wander for weeks as long as we are getting out there and enjoying these amazing places. My hope is that this magazine and the websites help us to be inspired and better equipped to love walking and share the joy with others.

Happy walking
Matt McClelland (aka Wildwalks)
matt@bushwalk.com




Declaration

The bushwalking community is a small world and paths often cross. To improve transparency I thought it would be helpful to list my associations within the outdoor community. In many cases I approached the authors of the articles included in this edition and suggested the topics. The opinions stated in articles are those of the authors and not of those involved in the production of this edition. The authors are mostly people I know through Bushwalk.com. I operate Bushwalk.com and Wildwalks.com and have written several walking guide books, published by Woodslane, I have also written for Great Walks. I contract part time to National Parks Association NSW on an ongoing basis to coordinate their activities program. I have had a partnership with NPWS NSW and have hosted advertising for *Wild* magazine. I have also partnered with a large number of other organisations in environmental campaigns and have a regular bushwalking segment on ABC regional radio. There is some commercial advertising through the magazine. I have probably forgotten something - if you are worried about transparency please either write to me or raise the issue on Bushwalk.com.

October is Australia's Walking Month

It is also called Walktober and it's the perfect time to go walking with nice temperatures and nature in bloom.

There are several events happening at that time. You can search for different walks or register a new one at walktober.org.au. They also have a [Facebook page](#).

If you like to be a part of challenge why not join the walking around the world challenge that will combine walked kilometres of all participants to hopefully reach the distance of 40,075 kilometres. Read more walktober.jrdesign.com.au



Find inspiration for walks in SA in their Find a Place to Walk directory, or join a #walktoberSA walking event.

You can share your "view from my walk" photo via social media using the hashtag: #walktoberSA.


Walking SA is the not-for-profit peak body for all forms of walking in South Australia. Their vision is to see more people walking more often. Their members include bushwalking groups, walking groups, organisations and individuals. Find out more at www.walkingsa.org.au

We will be focusing on Tasmania in the next edition. Please help us make The best walks of Tasmania a great article by filling out [this survey](#). Thank you.



Best walks of South Australia

Jeremy Carter, Walking SA



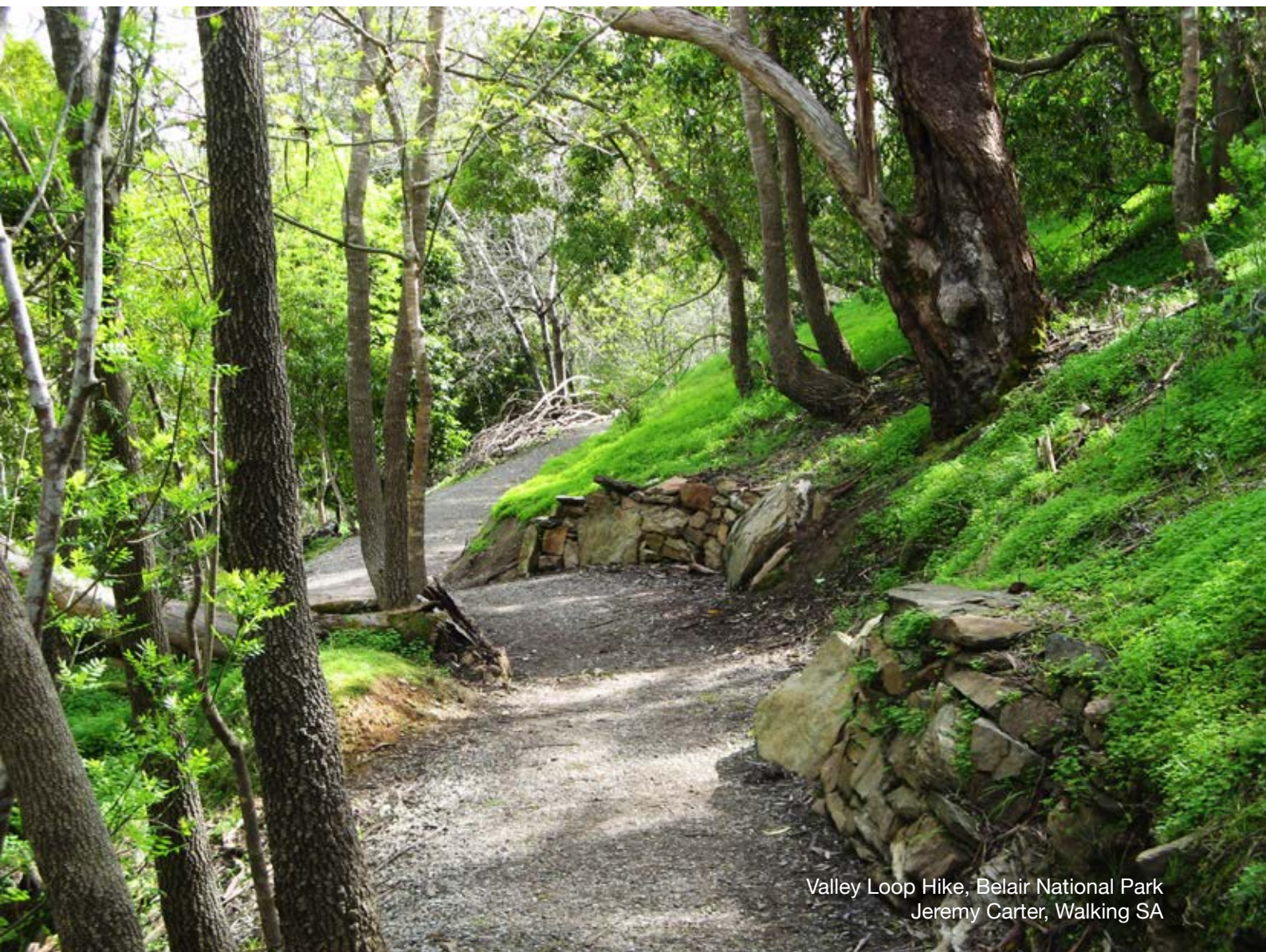
Adelaide can often be found on lists of the most liveable cities, and in no small part because not only is the city itself wrapped in parklands, but the greater metropolitan area is bounded by the Adelaide Hills on one side, and the coast on the other. This provides plenty of easily accessed walking trails within a short distance of the CBD, whether they be in the Hills, along the coast, or following the creeks and rivers flowing from the Hills to the sea.

Twisted rocks of Flinders Ranges National Park
Ted White

Scattered up and down the Adelaide Hills there are many conservation parks offering a vast number of walking choices. The ever-popular and well known Waterfall Gully to Mt Lofty Summit Hike is short and sweet, rising quickly from the Adelaide Plains to the summit of Mt Lofty, the highest peak in the southern Mt Lofty Ranges. Step off the busy trail on to any of the numerous side trails, and you will often see considerably less people. Nevertheless, the trail opportunities here in Cleland Conservation Park and nearby are rewarding, including some highlight trails:

- **Wine Shanty Hike**, 10 kilometres, 4 hour circuit - a circuit bushwalk through stringybark forest, some steep climbs with gentler sections.
- **Measday Hike**, 4.8 kilometres, 2 hour circuit
Venture into the southern-most parts of the park, along this secluded track, exploring the gully.
- **Sugarloaf Circuit**
5.8 kilometres, 3 hour circuit
The Sugarloaf Circuit hike explores the cool sanctuary of Chambers Gully and Woolshed Gully, with splendid views of the city and coast. Watch out for koalas and kangaroos.
- **Chambers Hike**
9.6 kilometres, 3 hour circuit
Enjoy the Chambers Gully Track, fringed with ferns, as it meanders up towards Mt Lofty through Chambers Gully.
- **Heysen Trail Mt Lofty Circuit**
7.5 kilometres, 3-5 hours
Experience a Heysen Trail highlight looping around Mt Lofty, including the summit, quaint cottages and small-scale farming in Piccadilly Valley, a walk through the Mt Lofty Botanical Gardens, and the stringybark forests.

Another popular national park for walking is Belair National Park, with eight walking



Valley Loop Hike, Belair National Park
Jeremy Carter, Walking SA

trails ranging from short gentle hikes through native and planted forests, to more adventurous hikes further out from the centre of the park. Highlights include walking trails that pass the Adventure Playground, Old Government House – complete with its plunge pool dating from the 1890s, the national park nursery, and walking through Echo Tunnel. All trails are well marked, so are easily explored.

Further north, but still close to Adelaide's suburbs, lie Morialta and Black Hill Conservation Parks. With its deep rugged gorge with nearly-permanent waterfall, there are four key hikes that skirt around and through the gorge. The hikes here are generally more challenging than those found in Belair National Park. Again, the trails are all well marked so easily explored. Highlights include visiting the two falls above the main fall, Giants Cave and Deep View Lookout. Black Hill Conservation Park includes two excellent shorter trails, to explore the tougher hills, with no shortage of koala and echidna spotting opportunities.

Linking Belair National Park, Cleland Conservation Park, Morialta and Black Hill Conservation Parks is the Yurrebilla Trail. At 56 kilometres in length it can be walked in three to five days, although trail runners or walkers can be found completing the entire length in a single day on several popular annual walking and running events. The trail includes plenty of steep hills, secluded gullies and opportunities to spot wildlife, including the quiet Horsnell Gully with its old nursery ruins and prolific koala life.

Spanning the entire Adelaide Hills and beyond is the Heysen Trail. At 1200 kilometres, it takes between 50 and 60 days to walk. Starting in the south at Cape Jervis, the trail extends through the Mount Lofty Ranges and Flinders Ranges, before ending at Parachilna Gorge. Highlight sections include the three to five walking days from Cape Jervis to Victor Harbor, the walks through the Adelaide Hills, and the ten-days to two-weeks of walking through the Flinders Ranges north of Quorn, beside the majestic Elder Range and stunning natural crater-like



Heysen Trail spur from the Bluff to Kings Beach, Victor Harbor
Jeremy Carter, Walking SA

Wilpena Pound. Campsites are scattered along the trail, which makes many sections very walkable for either day walkers or overnight walkers.

Another popular walking destination is Deep Creek Conservation Park, just 90 minutes from the city centre with over 10 accessible walks. Highlights include the Deep Creek Cove Circuit, which takes in the Deep Creek Waterfall, a permanent waterhole but intermittent waterfall, the sub tropical gullies nearby, coastal views and the rugged Deep Creek Cove.

Further afield is the Mount Remarkable National Park in the southern Flinders Ranges. With plenty of hike options for both day walkers or overnight walkers, the park includes highlights such as the Wirra Wirra Loop, Hidden Gorge and Alligator Gorge.

In the northern Flinders Ranges is Flinders Ranges National Park offering 18 different hikes. Combine with a camping trip, and enjoy the spectacular and ancient Flinders Ranges. Best visited from April to October, the park offers options for day walkers or overnight walkers.

On the Yorke Peninsula there are numerous shorter walks in Innes National Park, which is a great way to explore the history, coastline, headlands and lighthouses.

Many South Australians find it more comfortable to undertake their longer bushwalking activities during the cooler months of autumn, winter and spring. During summer, shorter, earlier morning walks are ideal and the linear parks on the Adelaide Plains offer an abundance of choice. There are the linear parks that follow rivers, criss-crossing the Plains, offering an array of choice to walk smaller sections, and explore local parks and playgrounds. The most well known is the River Torrens Linear Trail, a 35 kilometre trail linking Athelstone at the edge of the Adelaide Hills to the coast at West Beach. Other trails include the Little Para River Trail (16 kilometres), Dry Creek Linear Trail and Sturt River Linear Park (7 kilometres). The coast paths are also ideal for summer walking, the most popular being the Hallett Cove Boardwalk/Marion Coastal

Walking Trail, a seven kilometre clifftop boardwalk along the rocky coastline between Marino and Hallett Cove. For walkers, the 70 kilometre Coast Path is functionality complete, a decades old vision to create a connected multi-use path along Adelaide's coastline from North Haven through to Sellicks Beach. Some sections near Port Stanvac remain inaccessible, and between Moana and Port Willunga some areas are just a rough path, but still easy enough for walkers to follow.

Find inspiration for hikes and places to explore in Walking SA's [Find a Place to Walk directory](#), a selection of 130 walks and trails. The Friends of the Heysen Trail have an excellent [Walk Selector](#) to choose which of the 60 trail sections you might like to hike. Several bloggers share their best South Australia hikes, and can also be a good source for ideas.



Since rediscovering hiking ten years ago, Jeremy has been an avid hiker, exploring many of South Australia's walking trails including the 1200 kilometre Heysen Trail. With a history of blogging about places to hike, he has combined his marketing and web development professional background to undertake volunteer and professional work with numerous South Australian hiking and walking bodies, including [Walking SA](#), [Friends of the Heysen Trail](#) and [Adelaide Bushwalkers](#). [Walking SA](#) is the not-for-profit peak body for all forms of walking in South Australia. Their vision is to see more people walking more often.

The following pages are a compilation of best walks based on a survey by readers from the last edition of BWA.

South Australia

Heysen Trail sections

varies, heysentrail.asn.au

Victor Harbor Heritage Trail: Coast walk including the Bluff at Victor Harbor - a landmark with views in to Encounter Bay and town, and out west along expanse of cliff coastline. Trail follows the coast, it is a spur trail of the Heysen Trail, and connects to the Heysen Trail at Kings Beach. Coast takes in pathways and beaches. See whales, seals, dolphins, birdlife. In winter coastline looks like a Cornish coastline. Walking along wild sea shores in the first half and along the sea cliff top with spectacular views in the second half.

Cape Jervis to Victor Harbor: The most spectacular scenery in this world, bar none!

Bridgewater to Hahndorf: This is a spur of the Heysen Trail and takes the walker from one lovely Adelaide Hills town to another through lovely quiet backstreets and paths and through the wonderful Cedars property where Hans Heysen lived and worked. Great coffee at the end of the trail.

Wilpena to Yanyanna: Views of the outer rim of Wilpena pound.

Mount Falkland: From Parachilna Gorge take the Heysen Trail south. After approximately 2 kilometres on left see Mount Falkland. Climb one of the spurs to summit and camp. Second day descend go through Wild Dog Creek to Blinman Pools and camp. Then out to Angnorichna or back to Parachilna.



South Australia

Deep Creek Circuit

12 km circuit, 1 day, walkingsa.org.au/

Combines four elements: waterfall gorge (permanent water), coastal views, subtropical forest, hills as well as birdlife. Plenty of animals including echidnas, kangaroos, birds. This walk is reasonably close to Adelaide. Can be walked year round. Deep Creek is a hidden gem in SA. A challenging walk through native bushland, views to Kangaroo Island and lots of Kangaroos.



Deep Creek Cove
Brian Eglinton

South Australia

Lavender Federation Walking Trail sections

varies, lavenderfederationtrail.org.au

Interesting inland trail which stretches 212 kilometres inland in SA from Murray Bridge (have a swim in the river) to Eudunda. Lots of spur trails in and out of towns make this accessible along its length.

Murray Bridge to Monarto: The latter stretch from Monarto to Murray Bridge goes through a picturesque gorge. This can be best described as a mini Flinders Ranges close to Adelaide. It leaves from the banks of the Murray but avoids urban areas around wetlands, through Rocky Gully Gorge, past Monarto Zoo with views of exotic animals like giraffe & Mongolian wild horses to the Monarto Recreation Reserve. All off road apart from a 200 metre stretch. The trail head at Murray Bridge is 1 hour from Adelaide CBD on the SE Freeway.

Eden Valley Loop Trail: Starts from the mainstreet at Eden Valley in the Barossa. Mainly off road or minor unpaved back roads. Distance 18 kilometres. There's a large cross at the top of a nearby lookout, views over the Barossa vineyards and Keynes Gap. One of many loop & spur trails joining the Lavender Federation Trail.

Mount Beevor: Starting from Ramms Road at Rockleigh, the trail passes abandoned ruins before going into Gum Gully following a creek and with prolific wildlife. The final ascent to Mount Beevor is steep however the effort is well worthwhile. At the summit are communication towers but the 360 degree views are amazing. A sign at the summit provides information but include the Murray River to the east, sandhills of the Coorong and Southern Ocean to the south, Mount Lofty & Mount Barker to the SW & west & the back of the Barossa Range north. A short walk to Diggers Rest completes the 16 kilometres walk.



South Australia

Yurebilla Trail sections

varies, southaustraliantrails.com

I just love that you get to walk across the hills from one side of Adelaide to the other. Great views. This walk traverses the face of the Adelaide hills. It can be easily split up into day walks. because it is so close to city there is great phone coverage.



Yurebilla Trail at the Ambers Gully end
Brian Eglinton

South Australia

St Marys Peak, Wilpena Pound

21.5 km circuit, 9 hours, walkingsa.org.au/

This is a long day walk to the highest peak in the Flinders Ranges with extensive views in every direction. It can be done as a loop back through the basin of Wilpena Pound. To be done in cooler months. The round walk goes through multiple different types of environment - beautiful dark forests, open grassland full of emus and kangaroos, challenging sandstone climbing and hopping, spectacular views and really gives the walker a good sense of what the Flinders has to offer. Best walk in South Australia by far. You can either walk up the outside of Wilpena Pound which is shorter but involves some rock hopping and steep climbs or you can walk through the spectacular Pound floor. St Marys Peak on a clear day has the most stunning views of Wilpena Pound and the ABC Ranges, You are rewarded for your efforts at the Peak and feel on top of the world.



Belair National Park

varies, environment.sa.gov.au

Large enough to be lost, small enough to explore in a whole day. Combination of short sharp climbs, long meandering descents, waterfalls creek crossings. Located within 15 minutes of city yet feels like a world away.

Belair Waterfall Hike: gababouthiking.com, close to city.



South Australia

Hidden Gorge Loop

18 km circuit, 7 hours, southaustraliantrails.com

Walk from Mambray Creek (walk clockwise not anti-clockwise as in the brochure). Flinders gorges and wet creeks, "hidden" location, good variety in trail type with nature, gorges, views. Good trail with good markings. Loop walk. The Gorge has great scenery, and on the return along Mambray Creek in the late afternoon there is the chance of seeing the yellow-footed rock wallabies on the rock screes.



Morialta Conservation Parks

varies, environment.sa.gov.au

Diferents grades of difficulties. So close to the city yet a paradise to walk. Short or medium with enough to make you puff and feel you have had a walk or a stroll, if that is your thing. Great scenery, views, fauna (sometimes) and flora, depending on the season.



South Australia

Onkaparinga River Gorge

8 km, 7 hours, environment.sa.gov.au

There are many trails with sightings of wildlife, undulating tracks, views of the river and only 50 minutes from Adelaide. Spectacular views from above the gorge. Great experience walking through the gorge. Opportunity for a swim at appropriate times of the year.



River Torrens Linear Trail

35 km circuit, 1 day, walkingsa.org.au

The trail can be accessed at multiple points and can be as long or short as you please. It takes the walker through some lovely parks alongside the Torrens River in the suburbs of Adelaide, right from the foothills to the sea. You can access great coffee and food in multiple places along the trail as well.



South Australia

Warren Tower Walk

9 km circuit, 4.5 hours, environment.sa.gov.au

Great views from near the tower as well as from other parts of the trail. A variety of different vegetation along the way, it feels quite different in the valley compared to the ridges. Wildflowers, orchids, kangaroos and great views.



Mt Remarkable, Mount Remarkable NP

23 km return, 10 hours, [Heysen Book 2](#)

Melrose Map 3,1 367644 to Alligator Gorge Road Map 3.3 278760. Challenging start with lovely views from the top. Walk continues across rolling country side with a lovely gorge to finish.



Alligator Gorge Hike Mount Remarkable NP

9 km circuit, 4 hours, southaustraliantrails.com

A pleasant walk through a constricted gorge in the Southern Flinders Ranges.



Black Hill Conservation Park

varies, environment.sa.gov.au

Different grades of difficulties. Enjoy spectacular scenery of rugged ridges and a wide variety of native plants and animals along Black Hill Conservation Park's extensive network of walking trails.



Bunyerroo Gorge, Flinders Ranges

7.2 km, 3 hours, walkingtrailssupportgroup.org.au

Geological history, vegetation.



Bunyip Vulkathunha-Gammon Ranges NP

1.2 km, 45 minutes, [Vulkathunha-Gammon Ranges National Park](#)

Magnificent gorges, creek walk, vegetation, remoteness. Not safe to go into the further reaches of this walk.



South Australia

Devils Nose Hike

2.2 km return, 1.5 hours, environment.sa.gov.au

Great views from the Devils Nose and along the ridge without having to work hard as the trail head is at one end of the ridge. Loop option extends the walk and gives the option of a greater workout if you do in the reverse direction from normal.



Mt Arden

21 km return, 1 day, [Heysen Book 2](#)

"Mt Arden Map 4.5 809389 to Buckaringa Gorge Map 4.6 210430. Great views from the top (very windy and exciting). Most of the walk is high and across bare ridges before dropping into Buckaringa Gorge and the opportunity to see yellow footed rock wallabys.



Mount Lofty

10 km return, 3 hours

Short, sharp accessible. Great views and facilities at the top as well as at the bottom. A first-class heart beater and beautiful all year round ...



Pioneer Women's Trail

22-28 km, 7-10 hours, walkingsa.org.au

Very historic walk which showcases the Adelaide Hills and great views.



Sea to Summit, Kingston Park

32 km, 1 day, walkingsa.org.au

Variety of environment. Bush, park, creeks, gorge, coast.



Sturt Gorge

varies

30 minutes from Adelaide, views to the sea, and a lovely walk along the creek. Many parrots.



Terrapinna Tors

7.1 km circuit, walkingtrailssupportgroup.org.au

Remoteness, variation of vegetation and terrain, creekbeds, gorge, wildlife.



South Australia

Heysen Trail, Flinder Ranges

1200 km one way, 60 days, heysentrail.asn.au

Classic, iconic long distance walking trail which takes the hiker from the southern coast to the centre of South Australia. It skirts Adelaide through the beautiful Adelaide Hills and shows the hiker all the types of environment South Australia has to offer. Needs a huge commitment, but is unbeatable in SA. 1200km long, can be split up to be lots of day walks or some overnights, or do it all in one go! Spectacular ocean views at the start at Cape Jervis through scrub land and farm land all the way to the Flinders Ranges. Such differing terrain along the whole track.



South Australia

Lavender Federation Walking Trail

212 km one way, 10 days, lavenderfederationtrail.org.au

Interesting inland trail which stretches 212 kilometres inland in SA from Murray Bridge (have a swim in the river) to Eudunda. Lots of spur trails in and out of towns make this accessible along its length. There are currently six spur and loop trails connected to the main trail making a total of 278 kilometres of trail (covered in four maps).

A further extension from Eudunda to Clare is currently under construction. By early next year the main trail will reach Manoora on the Barrier Highway (+ 49 kilometres) and link with the Heysen Trail at Web Gap. A spur trail of 7 kilometres and a loop trail of 8 kilometres are also a part of the first year's extension. The following year Clare (+ 57 km) will be reached and also link the Riesling and Rattler Trails with the Heysen and Lavender Federation Trails creating over 1700 kilometres of interlinked trails in the next two years. The proposed River Trail from Cadell in the Riverland to Salt Creek on the Coorong (450 kilometres) will connect with the Lavender Federation Trail at Murray Bridge.

In addition to work currently underway extending the main trail, a spur trail extending from the Springton Loop Trail is being constructed into Sanders Gorge (11 kilometres), a spur trail from Rocky Gully called the Jailbreak trail (yes, it is right next to the Mobilong Prison on Murray Bridge outskirts) of 5 kilometres is almost complete (multipurpose) and a loop trail of 8 kilometres called the Frahns Farm Loop Trail is shortly to commence. These are both cooperative trail building exercises between walkers & mountain bikers. You may not be aware that the Lavender Federation Trail and all associated spur & loop trails are a project of South Australian Recreation trails incorporated (SARTI) and have all been constructed and are maintained entirely by volunteers.

For an overnight walk, start from the Sturt Highway near Truro in the Barossa and travel towards Eudunda. The Gap, a magnificent gorge east of Dutton has permanent water, several waterfalls, hand build stone walls and views east over the Murray Mallee. Dutton is a quiet town full of old historic buildings. Leake Lookout on day two has amazing views. Almost entirely off road using road reserves and private property.

South Australia

Yurebilla Trail

54 km one way, 3 days, southaustraliantrails.com

Ranging from narrow single-person tracks to vehicle fire tracks, the Yurebilla Trail passes many of the Adelaide Hills' top tourist attractions, including Waterfall Gully, the Mount Lofty Botanic Gardens, Mount Lofty Summit and Cleland Wildlife Park. It also visits or has connection to picturesque Hills' towns such as Summertown, Crafers and Norton Summit, as well as wineries, pubs and other attractions.



Yurebilla Trail at the Ambers Gully end
Brian Eglinton

South Australia

Mount Remarkable National Park

2 to 4 days, environment.sa.gov.au

There are a variety of options from two to four days including some of the best features of the park including: Hidden Gorge, Alligator Gorge, The Battery, Mount Cavern, The Black Range and Mount Remarkable. Great views, pretty creeks, spectacular gorges and lots of wildlife make this a great walk. Remarkable rocky outcrops, waterfalls, easy gentle walking with challenging stretches, gorges, creek crossings, wildlife, good distances between campsites, water available, easy to do loop walks located within 300 kilometres of Adelaide.



Arkaba Station Walk

45 km one way, 4 days, [Heysen Book 2](#)

Mayo Hut Map 5.3 545838 to Moralana Drive Map 5.6 639010

This walk goes through beautiful recovered pastoral land. Easy walking but quite a distance.



Cape Gantheaume Coastal Trek

34 km one way, 2 days, environment.sa.gov.au

This two day walk can easily be extended to many days although water drops would need to be arranged. It's quite easy to extend to three days by walking through Seal Bay conservation park to Vivonne Bay. Feels like a real wilderness walk. Great coastal scenery, cliffs and beaches. A lot of wildlife and large seal colony at the cape.



Flinders Chase Coastal Trek

58 km one way, 3 days, environment.sa.gov.au

Takes in the wild coast of Kangaroo Island. Stay at campsites along the way. Historic lighthouses and shipwrecks. Somewhat being replaced with Kangaroo Island Wilderness Trail.



Gammon Ranges

5 days circuit, bushwalk.com

Off the main tracks and roads in the Gammons NP, people need to forge their own routes and be competent in map and compass. But the remote gorge and cliff face scenery is fantastic and the waterholes are delightful. This is a desert park and varies from open plains to bouldery creek beds, forests of gnarled old sheok/pine and thick unforgiving scrub. The variety of colours in the ever present rocks gives the feel of walking through the bones of the earth.



South Australia

Mawson Trail

900 km, 45 days, southaustraliantrails.com

Iconic long distance trail in SA which covers some beautiful forests, hills and towns. Very walkable - shared trail so good for cyclists as well.

Mount Brown Conservation Park (near Quorn)

2 days circuit, environment.sa.gov.au

This walk goes from Wool Shed Flat following the Heysen Trail to top of Mount Brown via Waukarie Falls. Finding campsite along trail to summit after saddle. The second day follows Summit Trail to turn off and instead of going to summit the other trail we descended back to Wool Shed Flat. This walk goes through beautiful recovered pastoral land. Easy walking but quite a distance.

Mount Falkland, Flinders Ranges

14 km return, 2 days, peakclimbs.com

Mount Falkland can be done as part of an overnight walk by doing it as a side trip while walking the Heysen Trail from the Parachilna trail head down the Aroona Valley or other multi day options in the area such as via Blinman Pools from Angorichina. It is most spectacular if you camp on top. Great sunrise and sunset views over the surrounding ranges to the east and plains to the west.


St Marys Peak, Wilpena Pound

19 km circuit, 2 days, walkingsa.org.au

You can camp overnight at Cooinda Campsite and make it a two or three day event. You can walk in through Wilpena Pound, camp overnight, do Mulloga Falls on the second day, which is a spectacular gorge on the edge of Wilpena Pound (on accessible on foot). Then stay overnight again and on the last day hike out via St Marys Peak.

Letter from the Minister

Hon Ian Keith Hunter MLC
South Australian Minister for Environment



South Australia is incredibly fortunate to have such an abundance of beautiful and unspoilt natural open space.

Bunyeroo Gorge - Flinders Ranges
Ian Smith

Since coming to Government in 2002 we have focussed on growing our State's public reserves. As a result, South Australia's public and private protected land area is now equivalent in size to the State of Victoria, and is the highest percentage of any Australian mainland jurisdiction.

We have more than 300 national parks across the State, every one of which is unique. So, whether you love sea views, the bush, caves, open grassland, spectacular geological features, rivers and wetlands, waterfalls, salt lakes or deserts, we have something for you.

It goes without saying that bushwalking is a fantastic form of exercise that helps us get away from the stress of our everyday lives. Studies have shown that spending time in green, open spaces is good for people of all ages, both physically and mentally. Importantly, bushwalking also encourages a connection with nature and a sense of belonging that often leads to people taking ownership of parks, which is vital for the future of our parks and reserves.

It makes sense that if we love something and feel connected to it, we want to protect it for future generations to. This is why my

Government has placed such a strong focus on getting more people enjoying and helping shape our parks.

For example, in March 2014, the South Australian Government committed to investing \$10.4 million to upgrade and improve facilities in the national parks located in Adelaide's northern and southern suburbs.

Around ten percent of our national parks are located within or immediately adjacent to the Adelaide metropolitan area, making them easily accessible to residents and visitors, and an enormous asset to the city. To encourage as many people as possible to explore and enjoy these parks, we are engaging widely with the public.

We have held community forums, undertaken online surveys, organised discovery days in selected parks, and even held a primary school competition inviting students to design their ideal park using the computer game Minecraft.

The results and feedback will help us better understand how the public wants us to invest this money to ensure that our parks continue



Remarkable Rocks, Flinders Chase National Park, Australia
Magspace

to address the public's expectation and offer people what they want.

We are also well under way in establishing the [Adelaide International Bird Sanctuary](#), a truly exciting initiative that will deliver great environmental and recreational benefits. When complete, the Sanctuary will run 60 kilometres along the Gulf St Vincent coastline, making it one of the State's longest continuous stretches of coastal reserve, and a haven for bushwalkers and birdwatchers alike.

This particular section of coast is an important part of the East Asian-Australasian Flyway, where, at the peak of the migration season in summer, more than 25,000 birds gather, with many coming from places as far away as Alaska and northern Asia.

As with our other projects, we are also engaging closely with the public in order to maximise conservation, as well as enjoyment and tourism opportunities. In addition to forums, community meetings and roundtables, we have put together "the Collective", a leadership team who will shape the development and management of the Adelaide International Bird Sanctuary.

The members of the Collective have been chosen based on their expertise, experience with birds and nature, and also because of their links to the local area, either as traditional owners, residents or business owners. This diverse group of people will contribute their skills and expertise to shaping the sanctuary. It's also particularly exciting because it's the first time that the principles of co-design and collective impact are being applied to an environmental project in South Australia.

And finally, the [Kangaroo Island Wilderness Trail](#), a multi-day walking trail on the south-west of the island, is another great example of how we are improving the variety of nature experiences here in South Australia. Once completed in June 2016, the KI Wilderness Trail will offer walkers a five day adventure walk, with four custom-designed campsites located at key points along the trail.

You'll be able to enjoy the island's unforgettable natural environment and take in many of its famous landmarks and attractions, including the [Cape du Couedic light house](#), [Admirals Arch](#), [Remarkable Rocks](#) and [Kelly Hill Caves](#). The Kangaroo Island Wilderness Trail is set to rival other

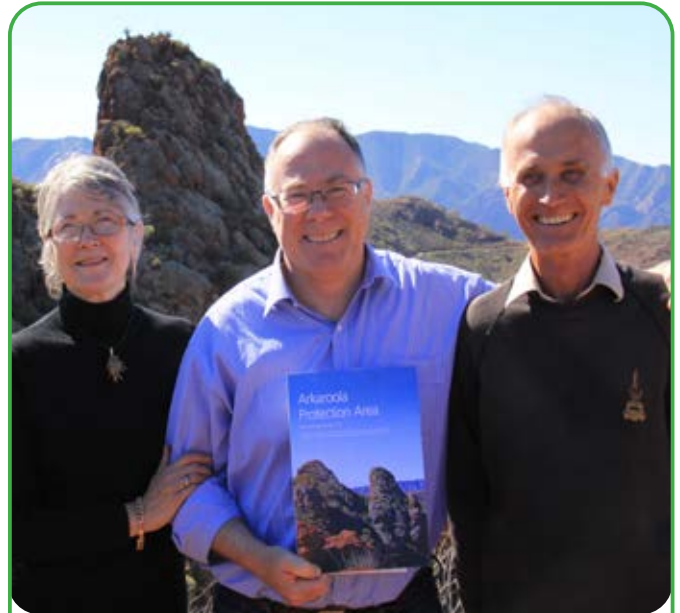


Kangaroo Island Lighthouse Cape, South Australia
PCW

world-famous multi-day walks, such as New Zealand's Milford Track and Tasmania's Overland Track.

As you can see, South Australian parks and reserves have something to suit all bushwalking tastes and interests. We are constantly exploring new ways to improve facilities and offerings, while at the same time ensuring that all South Australians and visitors enjoy, appreciate and protect our beautiful environment.

So please come and visit our parks and spread the word about how great they are.



Hon Ian Hunter MLC

Ian was born in Broken Hill and grew up in the Adelaide suburb of Holden Hill. He graduated from Flinders University with a Bachelor of Science (Honours), majoring in microbiology and genetics.

After graduating, Ian worked as a Research Assistant at Flinders Medical Centre, and was the State Secretary of the Australian Labor Party. Ian was elected to the Legislative Council in 2006 and became a Minister in 2011.

Ian is currently Minister for Sustainability, Environment and Conservation, Minister for Water and the River Murray and Minister for Climate Change. Ian's policy interests include science and science education, climate change and environmental sustainability, reconciliation and social justice.



The cave of Admirals Arch, Adelaide, South Australia
Ting_149

Bushwalking Leadership South Australia

Mark Roberts, Member, Training and Assessment Panel,
Bushwalking Leadership SA



BLSA began in 1973 as the
Bush and Mountain Walking
Leadership Training Board.

Flinders Ranges National Park, South Australia
ALCE

BMWLTB came about after strong growth in the popularity of outdoor education and recreation. Two unrelated fatal outdoor incidents in November 1971 lent urgency to establishing outdoor leader training. Scotland's Cairngorms disaster saw five teenagers and their instructor die on a mountain. The next day in Tasmania a Victorian party had one student die from hypothermia and another 10 students lucky to survive. Outdoor Leadership training schemes were rapidly formed in the United Kingdom, Victoria and South Australia by organisations and individuals seeking to prevent a repeat of such tragedies and develop a code of best practise.

The BMWLTB was a representative Board with two members each from the Education Department, Outward Bound

SA, National Fitness Council, SA Mountain Activities Federation and the Police Search and Rescue Squad. The BLSA has continued to evolve over the years and remains as the only organisation in Australia providing bushwalking training outside of Recognised Training Providers. We utilise involvement from the SA Police Special Tasks and Rescue Group, SA Ambulance Service and representatives from educational providers and the commercial sector, including private enterprises and not-for-profit associations such as Scouts SA. Our course coordinators are volunteers, and unfortunately we receive no state government funding. Alternative funding streams and grants are often pursued, with mixed results. Our greatest asset to a sustainable future is our wealth of expertise offered on a volunteer basis, and a steady stream of candidates.

The primary course is the Bushwalking Leadership Assistant Course (BLAC), which has changed in recent times after the devastating Bangor Forest fires ripped through the training area of Wirrabara Forest in 2014. Our training program is being modernised, with online learning available for courses, and a website update. In the past, we have only run one BLAC course per year.

“Our greatest asset to a sustainable future is our wealth of expertise offered on a volunteer basis ...”

However, online learning allows students to begin training when they wish, and progress at their own pace. This flexibility will hopefully make the leadership training course suitable for a broader number of participants.

The current course structure sees participants begin by undertaking the BLAC training that provides skills qualifying them to assist a qualified leader on multi-day walks of up to three days duration. The BLAC qualification is suitable for people leading day walks, such as walking club leaders, or those interested in increasing their skills to lead private walks in a self-reliant capacity.

The next level in our course structure is the Bushwalking Leadership Certificate (BLC) that qualifies people to lead groups on walks of up to three days in semi-remote locations. This certificate is well-regarded by educational institutions and commercial organisations. It is suitable for Scout leaders as well as teachers wishing to teach Outdoor Education or lead extra-curricular programs. To reach this goal candidates must meet a number of experiential learning criteria, including assisting on walks in varying conditions and undertaking an outdoor leadership and group management assessment. Additionally, this is a good qualification for those interested in becoming freelance Outdoor Education Instructors employed on bushwalking or adventure programs.

BLC graduates who wish to obtain higher qualifications can complete our Advanced Bushwalking Leadership Certificate (ABLC) that incorporates experience in arid and alpine regions and remote area critical incident training. Upon completion of this course, successful candidates are qualified to lead extended bushwalks over, including trips in remote and difficult mountain areas. The additional knowledge and experience gained through completion of the ABLC is vital for people considering leading challenging walks to areas in South Australia such as the Flinders and Gammon Ranges. The ABLC is the benchmark for leading adventurous outdoor activities in popular hiking regions interstate and overseas, especially the demanding environments of Tasmania or New Zealand.

We train students from varying backgrounds and localities including interstate, and pride ourselves on having graduates that are ready to lead in a safe and responsible manner, displaying best industry practice, leading groups of differing ages and demographics.

South Australian walkers are lucky to live near some fantastic walking, including within 15 minutes of the Adelaide CBD. The diversity ranges from the lush areas south of the city to the remote and barren northern regions of the State. BLSA trains in a variety of these areas, giving students the opportunity to explore some regions that they may not have otherwise visited. Additionally, the Heysen Trail draws visitors from all over the world. This 1200 kilometre walk has origins dating back to 1969, and runs from Cape Jervis in the south to Parachilna Gorge in the Flinders Ranges. Our BLAC course is highly suited for people looking to complete this arduous trek independently, providing them with the

additional skills and knowledge to undertake the journey safely and confidently.

For further information about BLSA, our history and current courses please go to our website at bushwalkingleadership.org.au



Mark Roberts

Member, Training and Assessment Panel,
Bushwalking Leadership SA

Mark is an aspiring secondary Science teacher who has been bushwalking since he participated in Outdoor Education programs during his schooling over ten years ago. He is engaged in leading groups in both South Australia and Victoria. Mark particularly enjoys walking in the remote regions of South Australia and looks forward to pursuing this hobby in other regions of the world.



Cape du Couedic Lighthouse, Kangaroo Island, South Australia
PCW

In the News

Kangaroo Island Wilderness Trail

In mid-2016 Kangaroo Island will have a new walking trail. The Kangaroo Island Wilderness Trail will take five days to walk and should rival other popular walks such as New Zealand's Milford Track and the Overland Track in Tasmania. The expected cost is \$5 million, and will showcase Kangaroo Island's unique natural environment.

Environment and Conservation Minister Ian Hunter expects it will bring up to another 5000 visitors to Kangaroo Island every year, adding to the 190 000 people who already make the trip, "The Trail will give walkers the opportunity to experience the outstanding natural beauty of Flinders Chase National Park, Cape Bouguer Wilderness Protection Area and Kelly Hill Conservation Park. The trail will lead them to Cape du Couedic light house, Admirals Arch, Remarkable Rocks and Kelly Hill Caves. This is some of the most iconic and breath-taking scenery that Kangaroo Island has to offer and we're extremely pleased to be able to offer it to a new group of travellers."

Nearly 170 hectares of untouched bushland on the north-western side of the island has been purchased with the intention of being added to the Cape Torrens Wilderness Protection Area. Read more here environment.sa.gov.au

Three Capes Track

Bushwalkers with a spare \$500 will have a new track to explore in Tasmania by the end of the year. The Three Capes Track on the Tasman Peninsula will be open just before Christmas. The 46-kilometre walk covers Cape Pillar, Cape Hauy with views to Cape Raoul. Environment Minister Matthew Groom told Parliament it would be a world-class tourist attraction. "It's already set to become one of the truly great Australian coastal walks and I think one of the great coastal walks of the world," he said.

The four-day walk costs about \$500 with walkers staying in huts along the way. Mr Groom said it meant walkers would not have to carry a tent. "Each night walkers of the Three Capes Track will rest and relax in the warmth and comfort of striking, environmentally sensitive, architecturally designed hut nodes," he said. "Each node has sleeping cabins with comfy beds, spacious living areas, equipped with heating and cooking facilities." Day walks would not attract a fee. In 2014, travel guide Lonely Planet listed the Three Capes Track as a highlight for people visiting Tasmania when [the state was named fourth in the "world's top regions to visit"](#).

Bookings for the track opened on 17 September 2015. The revenue raised will fund costs associated with the experience. Standard park fees apply to camping. The locations of the campsites are not known. Three Capes can be walked with accommodation in tents. Read more here mobile.abc.net.au

See pages [75](#) and [79](#) for more In the news.

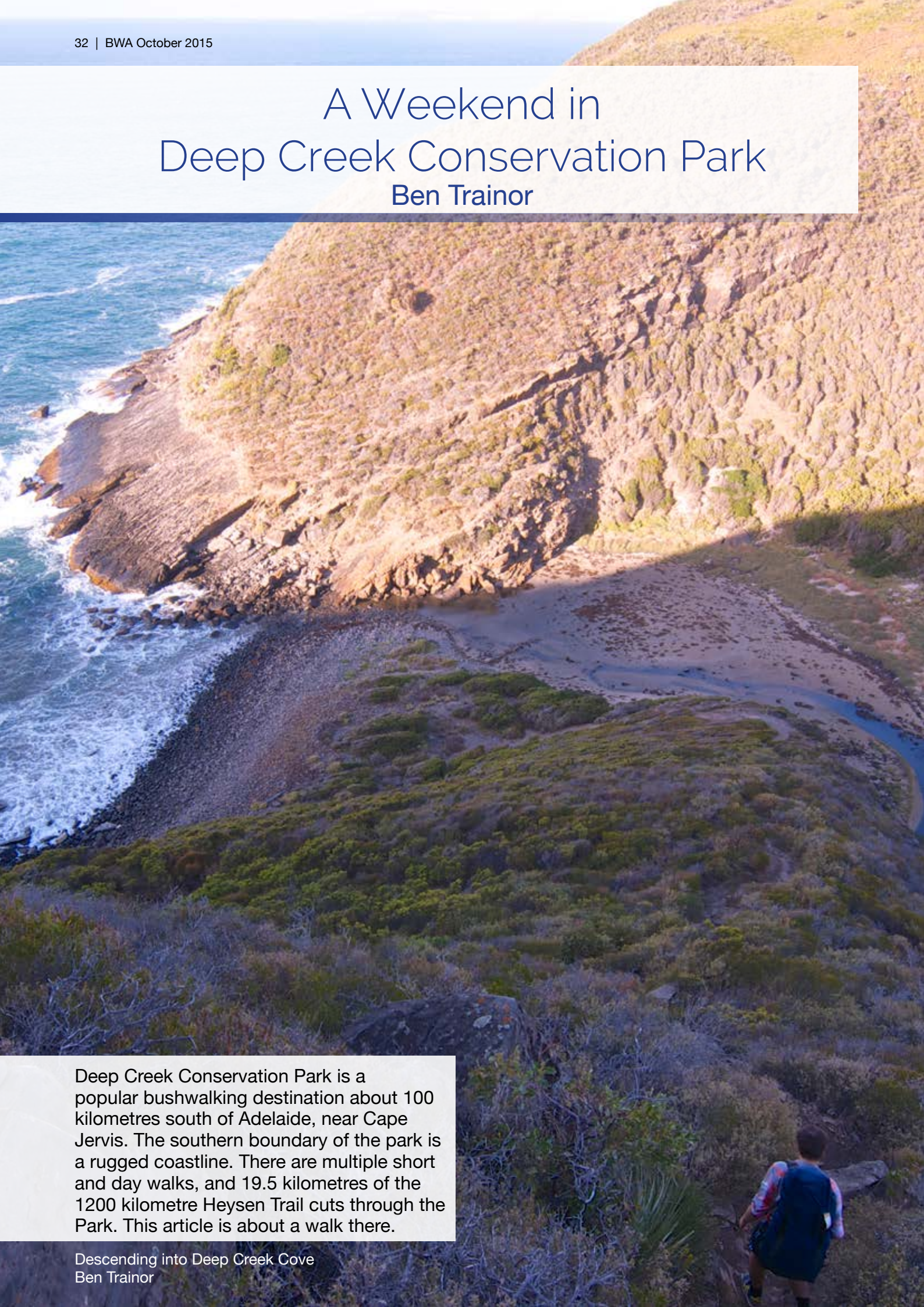


A Weekend in Deep Creek Conservation Park

Ben Trainor

Deep Creek Conservation Park is a popular bushwalking destination about 100 kilometres south of Adelaide, near Cape Jervis. The southern boundary of the park is a rugged coastline. There are multiple short and day walks, and 19.5 kilometres of the 1200 kilometre Heysen Trail cuts through the Park. This article is about a walk there.

Descending into Deep Creek Cove
Ben Trainor





Walk to Boat Harbour Beach
by Ben Trainor

In March my brother Tim and I explored Deep Creek Conservation Park. We arrived at Tapanappa Campground late Friday afternoon. After setting up our tent we walked along a small stretch of the Heysen Trail to Boat Harbor Beach, carrying our

stove to cook dinner. The first part of this walk is an unsealed road along a ridge with views of the ocean. When the road ends, a trail descends through scrub. It was the week before the official walking season commenced, with many spider webs across the trail suggesting that it is not a popular route. It's relatively steep for the last couple of hundred metres to the stony beach, which we reached after about an hour and about three kilometres. Tim constructed a makeshift windshield from a bit of a bucket that had washed up onto the beach. I unpacked the stove before realising that I had forgotten to bring matches. We walked back to camp for dinner. Valuable lesson learned. From now, matches are stored with the stove.

“ I unpacked the stove before realising that I had forgotten to bring matches.



Walking across Deep Creek
Ben Trainor



Early morning - between Tapanappa Campground and Tapanappa Lookout by Ben Trainor

On Saturday we started walking just before 7am to Eagle Waterhole Campground via Deep Creek Cove. We carried close to five litres of water each and a two-man tent. In the end we didn't need to take all the water, or the tent. The walk starts on a dirt road past Tapanappa Lookout, then a track descends to a small cove. It then climbs higher before a steep rocky track down to Deep Creek Cove, which we reached at about 8am. The creek was barely flowing and

very easy to cross, so given the depth of the water I thought it was not true to its name. I was later informed that it is never deep at this point; the name refers to the deep incision of its valley. After exploring the cove (a highlight of the weekend), we followed the western side of the creek for about 70 metres to pick up the track, which ascends inland to a ridge. On the way up we saw a small rocky outcrop a few metres to the right of the track from which we viewed the steep valley and the first main bend of the creek. We then walked through fields of yaccas and just after 9am having covered six kilometres we arrived at Trig Campground for breakfast. The Trig Campground is accessible by road, with water, toilets and Blue Wrens.

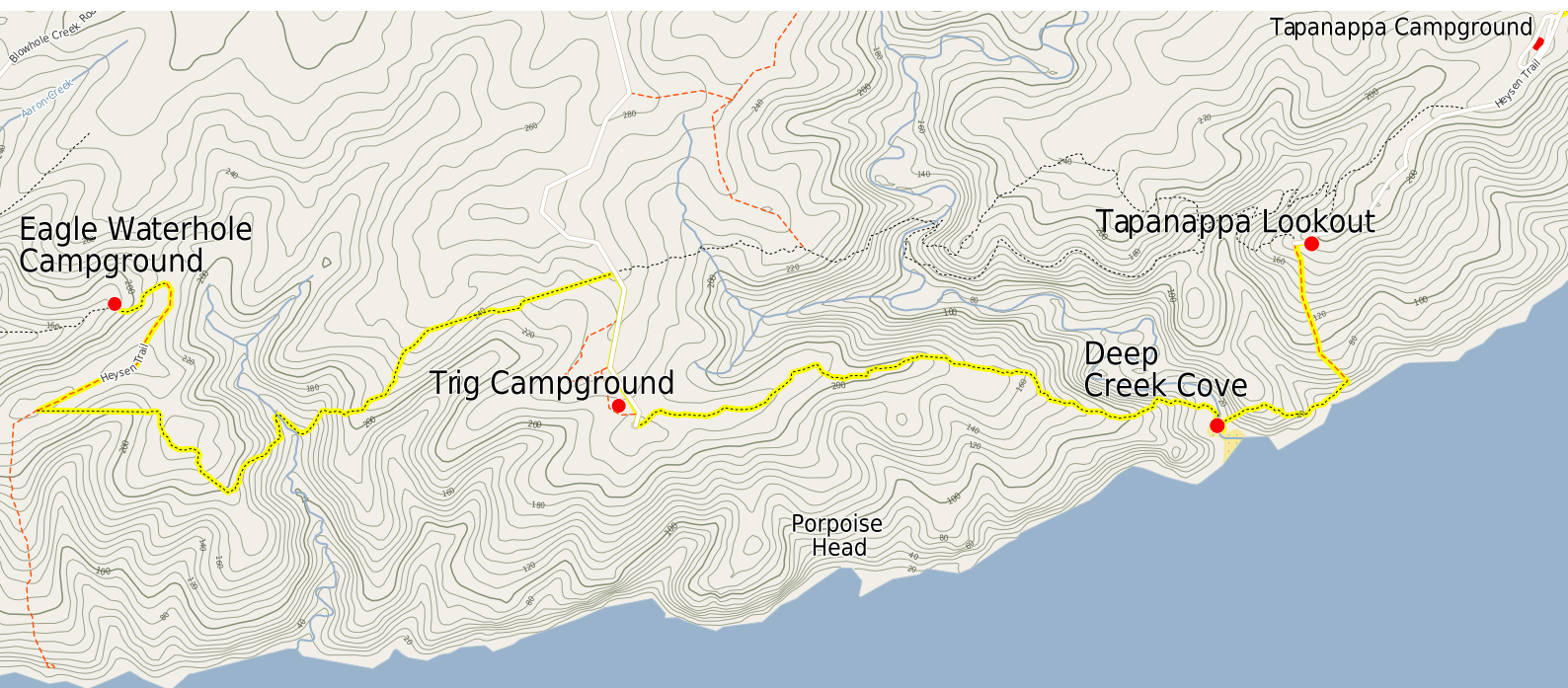


Eagle Waterhole Hut by Ben Trainor



Between Deep Cove and Trig Campground by Ben Trainor

From Trig Campground we walked north along the road for 500 metres before turning roughly west to join the Heyson Trail for a part of the walk we would retrace the next day. The track initially follows the southern side of a fence line, then falls and rises





Descending into Aaron Creek Cove by Ben Trainor crossing a number of valleys. After about 3.5 kilometres the track joins a fire track along the ridge for about a kilometre. It then heads down a valley to Eagle Waterhole Campground, 5.5 kilometres from Trig campground, which we reached just after noon. The Campground is on the Heysen Trail, and has no public vehicular access. The hikers' hut has three walls and sleeps six on bunks, with more room on the floor. The visitors' book has entries of those who had just commenced or were about to finish the Heysen Trail, including some runners. The Campground also has a water tank and an outside table on which we cooked lunch on the stove. Eagle Waterhole is a fuel stove only area.

As we had made good time, after lunch we left our packs and continued for a few hundred metres along the Heysen Trail before joining the Aaron Creek Hike to the sea. This part of the hike follows the Aaron Creek for just over one kilometre before climbing to an altitude of about 100 metres, providing views across Backstairs Passage to Kangaroo Island. There is short steep descent to the Aaron Creek cove. The cove has orange lichen covered rocks and opportunities for rock scrambling along the jagged cliffs on the western side of the cove. This is a great spot. We returned back to the hut for dinner, taking just over an hour each way, about five kilometres return. After dinner, with sore legs, we walked back up the hill to watch the sunset and western grey kangaroos. We lost count of how many kangaroos we saw on the walk.

On Sunday we were up early and left Eagle Waterhole by 6:30am. We retraced our steps

from the previous day along the Heysen Trail to meet the road that leads to Trig Campground. Instead of heading towards Trig Campground we crossed the road and continued on the Heysen Trail back to Tapanappa Campground. This part of the track is well formed. We stopped at and climbed the Deep Creek waterfall on the way, which was flowing even though there had been no significant rain for months. We were back at Tapanappa by about 10:30am, having covered 11 kilometres.

The route described incorporates parts of a number of shorter walks and the Heysen Trail. Most of the walk is graded as moderate. The track from Tapanappa to Deep Creek Cove is rated hard.

This was an enjoyable overnight walk close to Adelaide with a variety of scenery. Although not mountainous, it provided sufficient exercise descending and ascending the coves and creek valleys, especially when you carry unnecessary amounts of water. Leaving the matches behind made one part easier.

Bookings

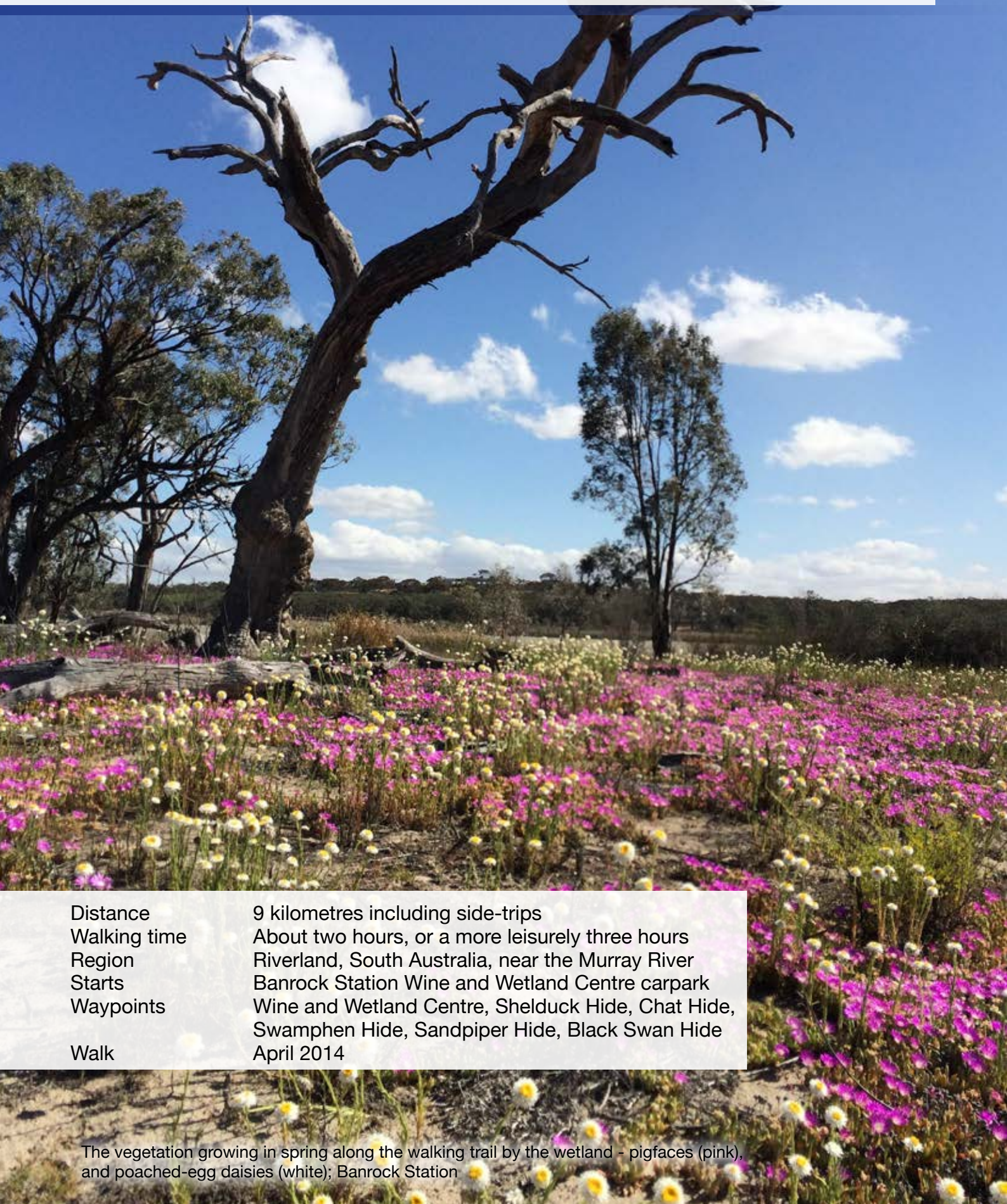
There are fees for entry and camping in the park. Camping fees vary. Eagle Waterhole is \$8 per adult to camp per night, Trig and Tapanappa Campsites are \$14 a night per campsite. See environment.sa.gov.au/parks



Ben Trainor lives near Belair National Park in the Adelaide Hills. On bushwalks he combines his enthusiasm for exploring and photographing creation as an antidote to a sedentary office job.

Banrock Station Lagoon Walk

Chris Jones



Distance	9 kilometres including side-trips
Walking time	About two hours, or a more leisurely three hours
Region	Riverland, South Australia, near the Murray River
Starts	Banrock Station Wine and Wetland Centre carpark
Waypoints	Wine and Wetland Centre, Shelduck Hide, Chat Hide, Swamphen Hide, Sandpiper Hide, Black Swan Hide
Walk	April 2014

The vegetation growing in spring along the walking trail by the wetland - pigfaces (pink), and poached-egg daisies (white); Banrock Station

Wine tasting, bird watching, boardwalks through swamps, and floodplain walking – Banrock Station has something for nearly everyone. The walking trail is one of the [40 Great South Australian Short Walks](#).

Bird watchers will enjoy the number one bird diversity site in South Australia. With the lagoon filling, you are likely to see lots of species including the Australian Shelduck, Pacific Black Duck, Black Swan, spoonbills, several species of herons and cormorants, and even some rare species like the Musk Duck or the Blue-billed Duck. The rare Regent Parrot can be seen flying above the vineyard and Black Box woodlands that fringes the walking trail.



Male Musk Duck
Credit to Banrock Station

The walk is on access tracks, paths, and boardwalks with mostly easy gradients and is fairly flat. Surfaces are dirt, sand and wooden boardwalks. The walk can be completed in two hours, but allow three to spend time in the hides and enjoy the scenery.

Banrock Station is 212 kilometres from Adelaide. Drive north

and east along the Sturt Highway (State route 20) towards the Riverland. Cross the Murray River at Blanchetown, and pass the

“Bird watchers will enjoy the number one bird diversity site in South Australia”

turnoffs to central Waikerie. Drive another 29 kilometres. There's a sign to Banrock Station on the way, and one on the left turn onto Holmes Road.

If approaching from Renmark/Berri/Bamera, there's a large sign just before Cobdogla showing time and distance. From where the Loxton Road meets the Sturt Highway outside Kingston-On-Murray, drive 5.4 kilometres north-west to the sign-posted right turn at Holmes Road.

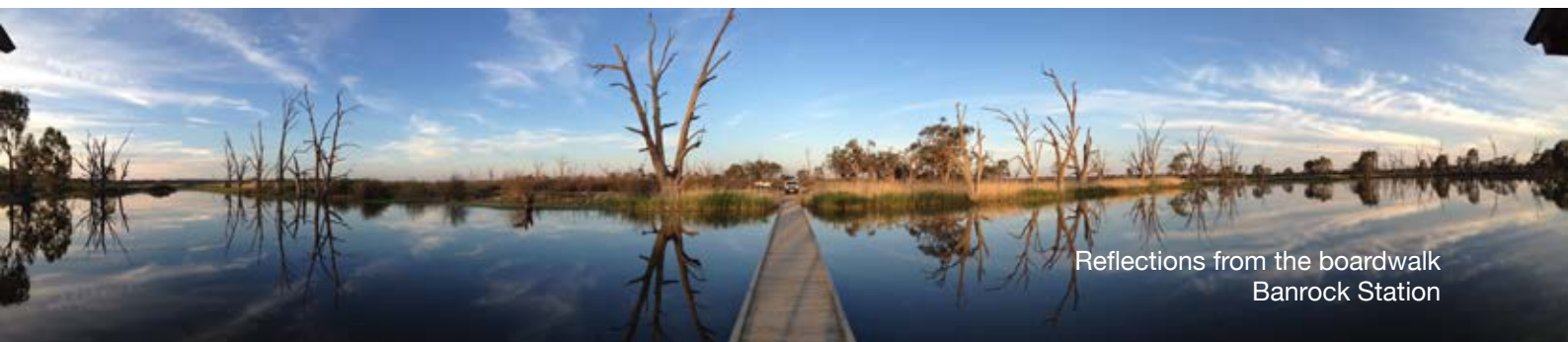


Boardwalk
Credit to Banrock Station

Drive along Holmes Road for 150 metres before turning left into Banrock Road. Enter the property (marked with two rammed earth pillars) and continue 1.5 kilometres to the carpark. Go into the Wine and Wetland Centre where you can get a meal and some bottles of the local drop. There are fine views over some of the vineyards and the lagoon.

You need to sign in to walk on the estate, and indicate if you intend to go on a short walk to some of the hides or a long one around the lagoon, described below. Walks are not allowed on days above 35°C and/or CFS classified extreme fire danger days. There is a gold coin donation box.

The lagoon sights will vary depending on the water level, which is artificially controlled. The level varies from empty to full to simulate



Reflections from the boardwalk
Banrock Station



Banrock
Credit to Banrock Station

natural flooding, encouraging growth of native plants including river red gums, controlling the numbers of introduced fish (including European Carp), and encouraging native animal breeding. Major natural floods submerge the whole area, including the paths.

From the main building, descend the path down the slope past a field of vines. After a short distance you will pass by an enclosure

where one of the Australia's rarest plants, the Spiny Daisy, has been reintroduced. The daisy was discovered by the Burke and Wills expedition and was thought to be extinct for 80 years! Then you go through a gate in a perimeter fence that keeps out feral animals. You can then go down a fairly direct route to the floodplain, or left along some gullies that come back towards the lagoon. Exit the last gully, going left on one of the paths. This continues to an access trail for a short while, and then turn off towards the lagoon.

“... one of the Australia's rarest plant, the Spiny Daisy...”

The path then turns into a boardwalk over the lagoon area for about 500 metres with four minor bends along the way. The first section is fairly open, with surface water plants and some open water sections on either side. Reeds then build up, along with water tolerant trees. Shortly before the end of the boardwalk there's a short track to the Shelduck Hide. This looks out onto the open lagoon, and plenty of birds can be seen from here, including those mentioned above.



Approaching Shelduck Hide
Chris Jones

The boardwalk ends shortly after the this, and the path continues at a gate into the flood-plain zone. This is generally drier and with less vegetation than the lush wetland zone. A pole indicates flood levels of the recorded floods, with the highest flood (in 1956) being metres above my head. After 400 metres or so, a 300 metre track leads left to the Chat Hide, which looks out to another lagoon. The water level here was fairly low when I visited, but it was enough for a flock of ducks. A short track leads to the Swamphen Hide with views over the main lagoon.

The path then drops a little to the river zone. While the river is still not visible from here, there are some inlet pipes at the start of the zone. The path here turns down the other side of the lagoon. After a short distance there's a track to the Sandpiper Hide. After this there's an open section of water with another boardwalk, which goes for about 200 metres.

The path then climbs slightly and goes closer to the fence in another floodplain zone. This goes for about 500 metres until it comes to the vineyard section, part of which is on the other side of the fence. After another 300 metres the path passes through another

gate. Shortly after this there's a track to the Black Swan hide. After this, walk another 200 metres to the path returning to the Wine and Wetland centre.

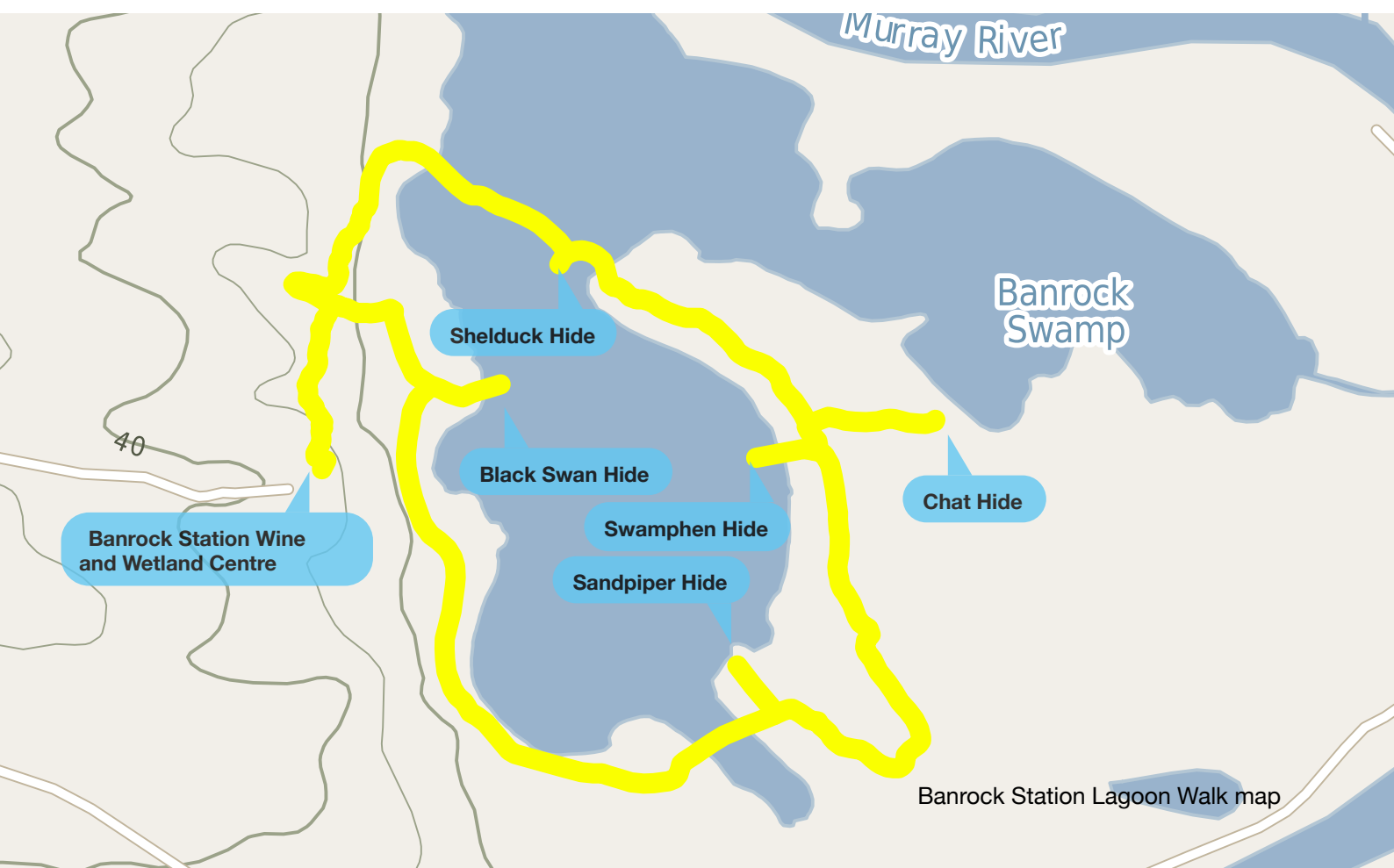
Alternative walks

People wanting a shorter walk can go along the main boardwalk to the Shelduck Hide. Bird watchers could spend quite some time there. A walk to the Black Swan Hide is also worthwhile, but misses the interesting plant and bird life along the boardwalk.

During the dry bed phase (every two years), a dry bed walk is proposed to visitors, giving them another perspective of the place and the opportunity to discover what is happening to the wildlife of the wetland when water recedes and the importance of the dry phase in the ecosystem functioning. This one kilometre dry bed walk from Shelduck Hide to Black Swan Hide follows an easy well-marked trail with interpretative signage along the way.



The assistance of Dr. Christophe Tourenq, Wetland Manager, Banrock Station in the preparation of this article is gratefully acknowledged.



Banrock Station Lagoon Walk map

The Friends of the Heysen Trail

Robert Alcock, President



I was standing on the ridge top along the Yourambulla Range looking out to the town of Hawker far below out on the plains. Turning north, the far-off ragged peaks of the Elder Range curved around, and beyond, in the distant haze, was the rugged rim of Wilpena Pound. This 4.5 kilometre trek along the Yourambulla Range was on our group's fifty-third day of walking the 1200 kilometre adventure hike known as the Heysen Trail.

From Bridal Gap - Black Gap and Elder Range
Robert Alcock

We are members of The Friends of the Heysen Trail (the Friends), hiking with one of the End to End groups that facilitate the members to complete this 1200 kilometre hiking Trail. The Friends provide the leaders and logistics making it an easy and convenient way, over a number of walk seasons, to become an “End to Ender”. Although originally set up to develop and maintain the Heysen Trail, The Friends have developed a comprehensive program of walks. The End to End walks are very popular, with seven separate groups walking through the 2015 walk season. The South Australian walk season is from April to November, avoiding the heat and high fire risk of summer. Each weekend of the walk season the Friends also provide day walks, Trailwalker of 5 to 6 hours and the less demanding Trailstarter, 3 to 4 hours,. These walks are planned by the walk leader and can be anywhere, usually within about an hour’s drive from Adelaide.

My group had started our hike of the Heysen Trail along the coastal path from Cape Jervis, where the ferry was about to depart for Kangaroo Island. From this southern trail head the trail follows the coast south and west to Victor Harbor. Lunch was on the white sand of Blowhole Beach where a beached bottle was found covered in marine shells. The high hills here run down

to very jagged rocky ridges jutting out into the Southern Ocean. Kangaroo Island is across the sea with the white pillar of Cape Willoughby Lighthouse glowing in the sunlight. We then had a long climb up through the scrub passing tall yakkas (grass trees) and stands of black oak until we reached the Cobbler Hill campground. There were kangaroos aplenty as we traversed west through the Deep Creek Conservation Park.

Many ask, “What’s the best section to walk?” This is a very subjective question as it’s usually the section I walked yesterday, as each hiking day on the Heysen Trail is so different. The country keeps changing - walking in dense bush or forest, then up to a peak with magnificent vistas stretching out all around. Pushing through bracken amongst mallee trees and flowering wattles, past vineyards, through historic towns, across cropping and grazing paddocks and through conservation reserves. At Jupiter Creek gold mine reserve we went underground, through an old mine shaft. In wet weather the soft wet clay from the walls of the narrow shaft stuck to my pack and clothes.

The foot track varies greatly. It may be a nicely made path or track, then onto a rocky kangaroo track, a soft sandy beach, a scramble uphill, a rocky creek-bed with



Aroona Valley - Flinders Ranges
Robert Alcock

clambering up or down waterfalls (almost always dry), or on a wet winter's day, a muddy trek. Towards the north the trail traversed the rugged Flinders Ranges with its sparse vegetation and distinctive red rocky strata showing the twisted folds from the pressure that pushed and shoved this ancient seabed way up into the sky. The rugged hills, gullies and ranges we walked through are what remains after the millions of years of weathering that has reduced what was once a very tall mountain range to its present form.

Back down south, at Newland Conservation Park west of Victor Harbor, we walked above the Waitpinga cliffs where the whales or seals can be viewed on a good day. Here the unique stunted coastal flora is full of wattle blossom and colourful flowers in springtime. I delayed the group because there were such a variety of flowers to photograph.

We then hiked up the Mount Lofty Ranges, passing above Adelaide and on through the Barossa Valley vineyards. Local wineries tempted us as we walked on by. We hiked

through historic copper mining towns of Kapunda and Burra, then way out east to touch the remote saltbush plains, which stretch northward up from the Murray River. This is home to succulent "saltbush lamb", a unique flavour of the sheep which graze on this saltbush. We followed the Trail through Tourilie Gorge, a delightful walk along the creek bed between spinifex-dotted hillsides and rocky cuttings.

From here we followed the trail west across the productive agricultural mid-north to the Flinders Ranges where our walk again headed north through many ups, downs and rocky creek-beds to the northern trail head at Parachilna Gorge. On the way we walked up and through the world famous Wilpena Pound, and through the valleys and peaks seen in the Flinders Ranges vistas painted by Sir Hans Heysen, the artist from whom the Heysen Trail gets its name. Note that in the north there are some rugged remote areas where good planning before walking is recommended. There are also many wonderful accessible walking trails around



St Marys Peak - Wilpena Pound
Robert Alcock

the Wilpena Pound area. Just book into one of the accommodation options and spend a week exploring.

I completed my End to End in August 2011. In October this year I will complete the Trail again, this time from north to south. It has been a wonderful adventure, not only walking the country, it's very much about meeting people, sharing adventures, and the friendships that have developed.

The Friends of the Heysen Trail

Formed in 1986, the Friends of the Heysen Trail are the voluntary support group which, in cooperation with the Department of Environment, Water & Natural Resources, develops and maintains the Heysen Trail. The Friends also provide a comprehensive walk programme, and promote the 1200 kilometre adventure hike – the Heysen Trail. See heysentrail.asn.au

The Friends also support other walking trails and walk activities in South Australia, to encourage more people get out and enjoy the outdoors.

The Friends are fortunate to have a large group of volunteers (we are all volunteers) running the office, administration, trail development works, promotions, greening and walk program. The large range of

activities ensures a place for all those who would like to help support South Australia's iconic Heysen Trail.



Robert joined the Friends of the Heysen Trail in 1998. A long-term member of the Friends management Council, Robert became President in 2011. He completed the Heysen Trail in 2011, and is now close to completing the Trail for the third time. He has trekked the Trail in all weather, from searing heat, frosty mornings, pouring rain, and through a white wonderland of snow on Mount Bryan. He enjoys photographing the beauty and diversity found along the Trail.



Yourambulla Range
Robert Alcock

Photo Gallery



Morning light on the Razorback from Mt Bryan, South Australia -
Brian Eglinton

Competition: Australia October 2010



BWA Photo Competition



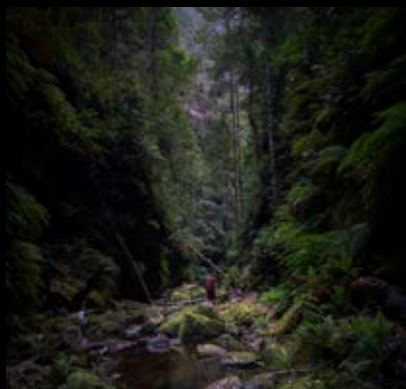
Other States October 2014

WINNER



Pre-dawn glow to herald
another glorious day,
tropical far north
Louis Fairfax

This photo was a challenge for me, as I wanted a 25 seconds exposure but had no tripod. However, this is not an unusual problem, as I prefer to save weight and construct a tripod in the field. Luckily on this day I found a flat, stable piece of wood, so was able to balance the camera for the time. The only other problem was getting up so very, very early. :) Still, early rises allow time for a lengthy walk along the beach afterwards whilst waiting for a civilised breakfast time (post 7 am).



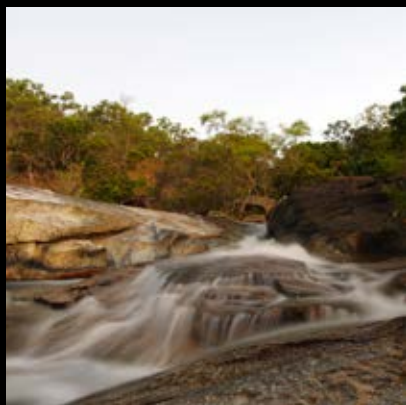
Gorge-ous
Tom Brennan



The Breakaways
landsmith



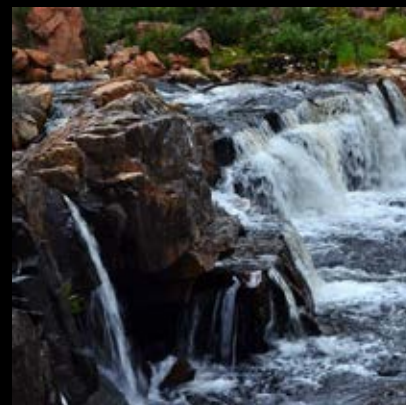
Moss Tree
Cameron Semple



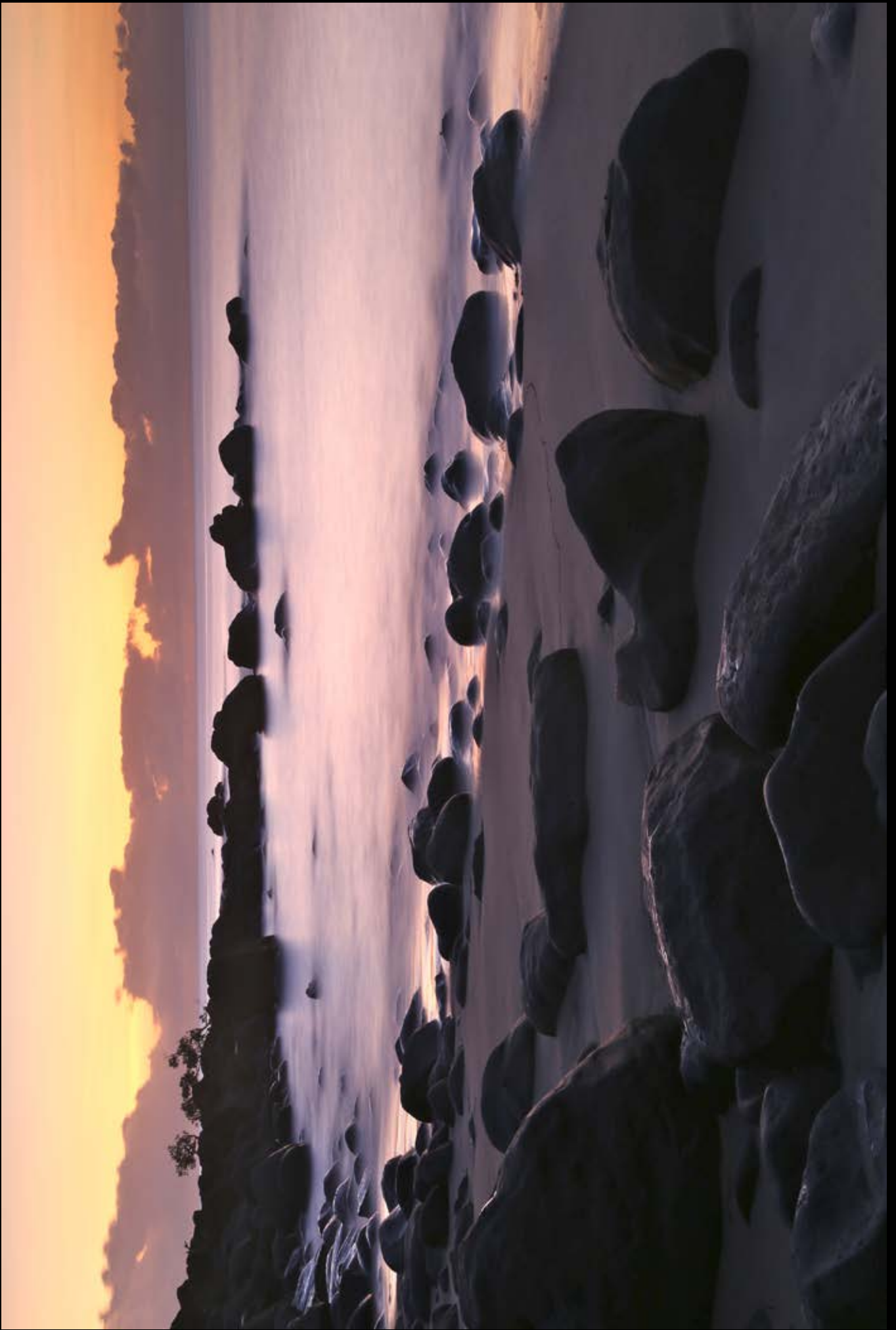
Davies Creek
Brian Eglinton



The Valley from
Slacks Stairs
John Walker



MacKenzie Falls,
Grampians
Lorraine Parker



Tasmania October 2014

WINNER



Wedge over Wedge
Tibboh

Stopping for a rest while ascending Mt Lord on the western flank of the Mt Field National Park, a local resident came by to investigate the intruders. The majestic wedge tailed eagle circled for a few minutes before disappearing into the distance. This photo was taken fortuitously while our host appeared above the distant Mt Wedge to the southwest.



Nice day for a little run.....
Phil Beeston



In balance
Dan Broun



The morning after
North-north-west



Afternoon in Blue
Charles Chadwick



Rocky walking
ILUVSWTAS



Landscapes October 2014

WINNER



Aoraki
Graham51



The Three Sisters the
tourists never see
Skibug



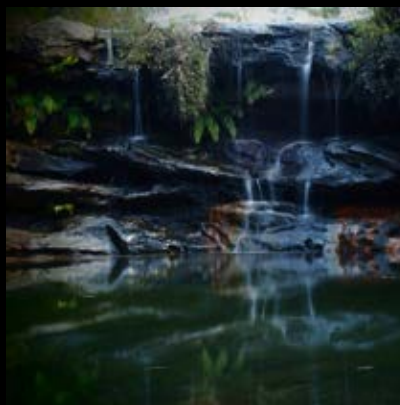
Pre-dawn seascape,
tropical far north
Louise Fairfax



Capertee Cliffs
Tom Brennan



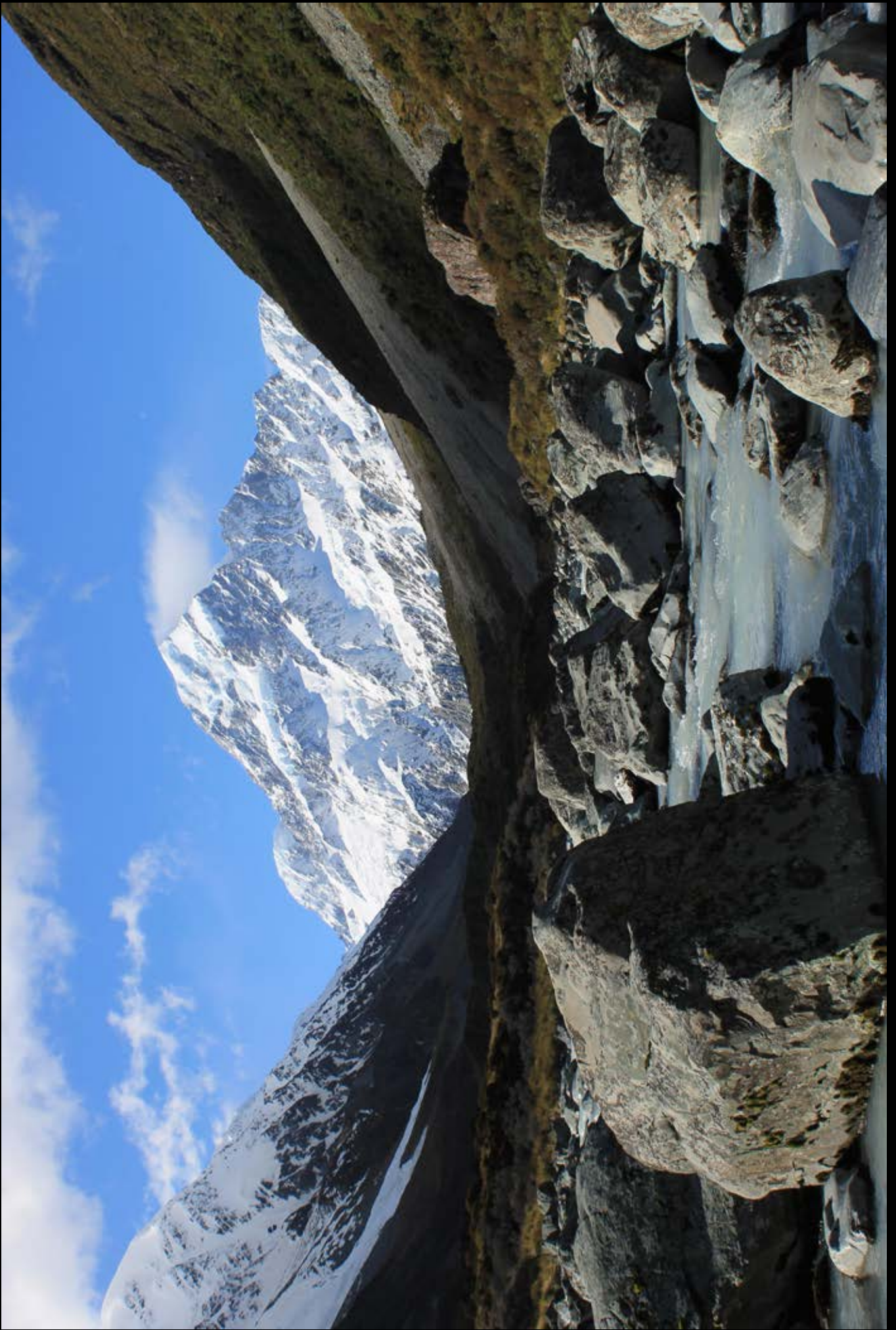
Elder Range SA
Lorraine Parker



Spring day oasis
John Walker



Look up
Dan Broun



Non-landscapes

October 2014

WINNER



Gentle hunter
Skibug

The frog was photographed on a warm spring evening last year in the Kedumba Valley in Blue Mountains National Park. It is a Rocky River Tree Frog or Lesueur's Frog, and there were literally dozens of them out and about around the river bank, patiently waiting for the moths and other flying insects that were in abundance. There were so many I had to be careful not to step on them. I absolutely adored their huge eyes, brilliant colors and seemingly placid nature - they really made no effort to flee, even when I sat right next to them.



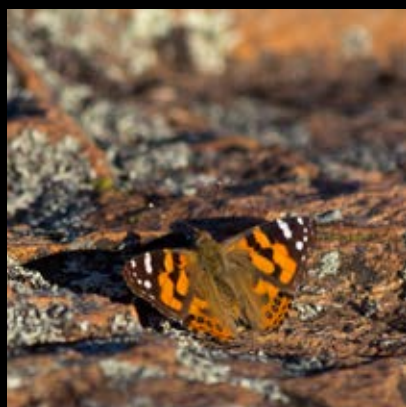
Ancient potplant
Dan Broun



Currawong stare
Mandy Creighton



A Western sunset
ILUVSWTAS



Flutter by
Tom Brennan



Female Bower bird
Cameron Semple



Amongst the boulders
Brian Eglinton



Other States

November 2014

WINNER



Craigs Hut
Brian Eglinton

Brian (aka Eggs) is from SA. Together with a walking friend, he thought it was time to explore some of the Victorian High Country. After overnighing on Mt Cobbler, it was decided to stop near the iconic Craigs Hut before embarking on the next three days in the Mt Howitt area. Craigs Hut is a custom made mountain hut for the movie "The Man from Snowy River" and is located on the Clear Hills Spur off Mt Stirling. It had been burned down in a bushfire and was rebuilt again. There are some walking tracks through that area, and given a reluctance to take the two wheel drive over some of the more interesting four wheel drive sections, they left the car near the top of the ridge and headed along a foot track to arrive at Craigs Hut just before sunset. The hut is not for use by campers, but there are camping locations not far away, so there were a number of school groups cooking up the evening meal on the extensive grassed areas next to the hut. This hut probably attracts a lot of attention because they have placed it with a fantastic view across to Mt Cobbler (where they had been the night before). So they watched the sun set on that distant range and waited long enough to catch the Alpen Glow over Cobbler. This is the pink/red colour of the sky marking the boundary where the sunlight through the atmosphere is giving way to the shadow of the earth.



Splendour Rock sunrise,
Blue Mountains, NSW
Mandy Creighton



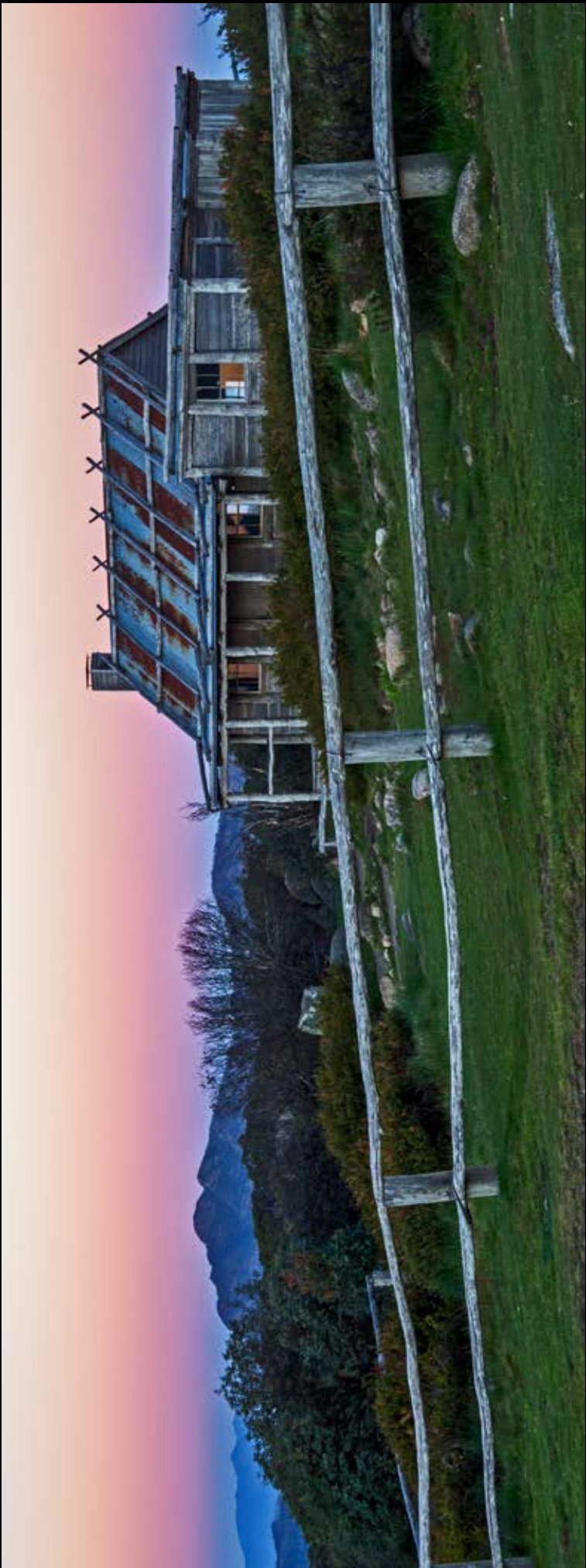
Bower bird
at Woody Head
landsmith



Feathertop
Vicki Rickard



Over my shoulder
on the Coast Track
John Walker



Tasmania November 2014

WINNER



While the water sleeps,
the sky dances
Dan Broun



Red sky in the morning...
North-north-west



Breast stroke
Charles Chadwick



Dunes
Gayet



Room with a view
Tibboh



Ida and Rim Lake
Doogs



Mt Byron awakens
ILUVSWTAS



Landscapes November 2014

WINNER



Mute witness
Dan Broun



Sunrise from Mt Graham
Louise Fairfax



Man vs wild for real
ILUVSWTAS



Sunset from Mt Speculation, Victoria.
The Crosscut Saw Ridge Walk is in
view with Mt Buggery in the centre & Mt
Howitt on the horizon. Mt Buller is the
highest peak on the right of the photo
RobbieG



Skyscape
Gayet



Artists Cascades
Cameron Semple



Morning on the Cobbler
Brian Eglinton



Non-landscapes

November 2014

WINNER



Snow Gums
Brian Eglinton

Brian (aka Eggs) managed to do some overnight walks in the Victorian Alps for the first time in 2014. And what better place to start than with a tent near the summit of Mt Cobbler.

While the drive up to Lake Cobbler can be a bit challenging for a small car, Brian and a friend managed without having to use the chainsaw they were carting for emergencies. The walk up from Lake Cobbler is not long and is quite pleasant. There is a forest of white snow gum skeletons towards the top, but there are also some notable survivors with their highly coloured striped trunks. They arrived at the summit on a beautiful clear evening, but picked out a tent site a bit down from the false summit, since the adjacent true summit block had a group of campers already settled in. It was while attempting a few star shots that Brian wondered about some artificial lighting thrown into the mix. So in the course of using some very brief sweeps of torch light on some long exposures, he captured this shot of Snow Gums against the night sky.



An unnamed waterfall in the forest under Mt Manfred
MJD



Australasian Figbird
landsmith



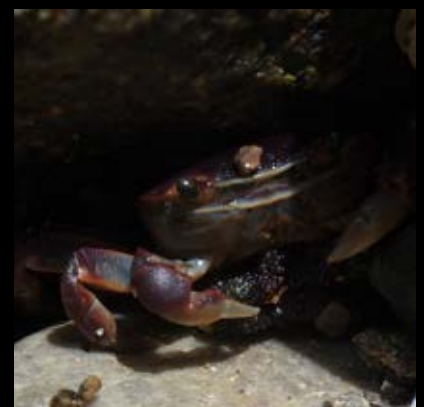
Weed
Gayet



The Christmas tree
is decorated
Tibboh



Lone eucalypt watches
over Clear Hill
Louise Fairfax



See you
Charles Chadwick



Gear Freak

Bungy Poles are a brand of walking poles designed with suspension system especially for training. Not everyone is a pole walker. It seems you either love or hate them. I love walking with trekking poles when I can, but I know they aren't perfect for every situation.



Review Bungy Pump Poles

Geoff Mallinson

Why I walk with poles

1 It engages your upper body

Poles can take pressure off you knees and lower back. Due to a back injury I decided to try them out and it didn't take me long to love using them. Core muscles help stabilise your body when moving - big muscles between your diaphragm and pelvic floor. I could feel the use of my core muscles being used when hiking and they proved to assist with my back pain.

I find I can get into a better rhythm when using poles. It's easier to make good speed when walking along a fire trail for example. Even on rough tracks the added focus and rhythm of poles proves to help me to get where I want to go.

“... I was surprised at just how lightweight and well finished they are.

2 They help with balance

Many people use poles when using snowshoes because it makes those slippery icy slopes that you're kicking steps into a lot easier. You'll be able to balance better and help prevent falls, which can be the case during normal walking too. Slippery rocks, mud and rocky terrain can all benefit from the use of trekking poles.

When they don't work

1 Off track in dense bush

Off track in dense bush my poles are found attached snugly to my pack. They simply get in the way when you're on all fours pushing through dense scrub. You spend more time dealing with the annoying poles that you do walking.

2 If you're co-ordination challenged

Some people just don't have the rhythm. I've lent poles to friends who double stick (think of someone on skis trying to push themselves along). Their timing and rhythm was all wrong and confusing; the extra

concentration for some people just doesn't work. If they don't work for you, that's okay.

Bungy Pump Review

First impressions

When I first opened the box I thought wow - these are huge. The Bungy Pump poles are long and thick. I'm used to traditional poles like the Black Diamond Carbon Z pole, a slim and minimalist pole. The Bungy pumps are far larger, but once I picked them up I was surprised at just how lightweight and well finished they are.

“Slippery rocks, mud and rocky terrain can all benefit from the use of trekking poles.



An adjustable design with a twist lock mechanism you can set the poles at the length you want. You will want to set them to be more downhill skiing length than a normal walking pole. Set the height to just under your armpits or mid-chest. The grips and overall finish of the poles is great.

The big difference in the Bungy Pump to any other pole is the inbuilt resistance system. It's not like the small springs found in some poles like the Leki antishock. Bungy have far greater movement and are more like a pogo stick. It is from this that the extra working and training benefits of the Bungy Pump come (and their name too).

“Bungy have far greater movement and are more like a pogo stick.”

At first I found them a little odd to use after a fixed pole, but remember these poles are meant to be used differently. There are three resistance levels to choose from: four, six and ten kilograms. The pair I tested were six kilograms.

Use on the walking path

My first outing with the poles was along the local walking path along the water. This is a flat concrete path, quite tame compared to our normal bush tracks. Using the poles felt strange at first, but once I realised the level of energy I should be putting into them they quickly became fun and gave me a good workout. They aren't built for a leisurely stroll along the path. They were there wanting to be used as a piece of fitness equipment. This is where their strength lies. I could see myself using them as a training tool. Engaging my whole body during a training walk.

In the bush

I took the poles on a walk along my local fire trail, a narrow rocky path along the sandstone platform just north of Sydney. There is no easy way to transport the poles while not using them. They can collapse a little, but by any measurement they are long, about 155 centimetre. Attaching them to my day pack wasn't feasible.

Once I pulled them out to use on the steeper and more technical nature of the track I set them lower than I did on the path, just five

centimetre higher than my normal pole height to allow for the extra compression in the resistance system. I quickly found the same results when I really worked the poles as I did on the path, and they rewarded me with extra effort and gave a good workout. However with so much travel in the pole I found using them for stability when walking fast through rocky passes and over tricky sections a little difficult. My confidence was lower and the speed and control benefit I was used to getting from a traditional pole wasn't there.

Summary

The Bungy Pumps are a great fitness pole, perfect for those who want to keep fit by walking along good tracks. They're good for training for that Kokoda walk you want to do, or the next Oxfam.

However, there are limitations when taking them on more challenging terrain. I don't recommend them for use on a long-distance remote and rough bush track. I could see myself training for an event with them, but I don't plan to take them on any remote or overnight walks.

The poles we tested were provided free of charge by [Bungy Pump](#).



Upcoming Events

Bloody Long Walk

Sunday 18 October 2015

Take in the breathtaking ocean views from Palm Beach as you begin the 35 kilometres through Avalon and Newport. Delight in the spectacular scenery along the cliffs above North Curl Curl beach before reaching Manly beach. Make the most of this rare opportunity to experience this stunning course with the full support of checkpoints and refreshment stops. Enjoy the 35 kilometres challenge at your own pace, be it a walk, jog or run, knowing that every step is one step closer to finding a cure for mito! Read more here

bloodylongwalk.com.au/sydney/

Seven Bridges Walk

Sunday 25 October 2015

The Cancer Council NSW Seven Bridges Walk will be an experience celebrating walking; it's not a race and everyone will be a winner. The course is a 27 kilometres closed loop circuit that travels clockwise around Sydney Harbour, highlighting many of the magnificent views around the harbour. Read more here 7bridgeswalk.com.au/

Beach to Bay Fun Run and Walk in Strahan, Tasmania

31 October 2015

The Beach to Bay in Strahan, Tasmania is a fun run and walk with 2km, 6km and 9km events. Read more here activestran.com.au/

4 Peaks Bright Alpine Climb in Victoria

The 4 Peaks Bright Alpine Climb is held on Melbourne Cup weekend every year, since 1979. The climbs are not easy but are well within the reach of reasonably fit people. The four events are as follows:

- 31 October - Mystic Hill: 11.09km, height: 915m
- 1 November - Mt Feathertop: 11.99km, height: 1922m
- 2 November - Mt Hotham: 15.27km, height: 1860m
- 3 November - Mt Buffalo: 10.46km, height: 1723m

Read more here 4peaks.com.au/



Walking With Children

Nik Sands

Our family finds it easier to make time to go bushwalking than my parents did when I was a kid. Although we had no problem taking newborn babies on day walks with us, overnight bushwalks were considerably more challenging with little people. However, my wife, Heidi, is more interested in the camping than walking, and I'm more interested in overnight walks than in day walks.



Sophie (3 years old) and Nik, Horse Track, returning from BP Lodge, Cradle Mountain

Of course the first question to consider is whether people should be taking babies bushwalking at all. There's an element of risk in bushwalking and babies won't gain much from the experience. However, leaving a breast-feeding baby with a baby-sitter for three days is not a good option (although it may be possible if you're rigorous with your breast-pumping and freezing routine, and your baby is used to the bottle). Alternatively, husbands could leave the wife at home with the baby and go alone or with other friends, which is not much fun for the wife. But there is something very special about doing the things you love with the people you love and Heidi is the person I most like to have with me when camping in the middle of nowhere. There is also something special about having the whole family together on an adventure.

Taking babies or young children on overnight bushwalks adds a whole new level of complexity to planning and logistics. It makes every element of danger even more dangerous. It makes every weary step more difficult. It makes the already heavy pack heavier and the sore shoulders more painful. But despite these increased difficulties, some parents still feel the strong and urgent pull of the bush and decide that it's worth it so that the whole family can spend some time out bush together. With careful planning and preparation it can be done, but safety must come first, and some expectations must be very much reduced.



Sophie (3 years old) trying on Dad's boots and hat, BP Lodge, Cradle Mountain

Our first family bushwalk was when our first daughter Sophie was four months old - a short easy day walk to Oxley Falls, half way along the Lees Paddocks Track. It was exciting to be in the bush for the first time as a family and we have great memories and photos of that occasion, including of breast-feeding on the banks of the Mersey River and of the baby asleep on the rocks while we had lunch. A short day walk with one small baby between two adults was quite easy for us, and it was encouraging to know that we could still do the things we love with a baby.



First family bushwalk to Oxley Falls. Sophie (4 months)



Sophie (7 years old) and Ruth (5 years old), Horse Track, Cradle Mountain



Sophie (4 years old) proud of her bushwalking T-shirt and head torch, Lees Paddocks Track

It was another two years and daughter later that we attempted our first pack-carrying overnight walk with Sophie and Ruth. I had listened carefully to advice from people who'd been bushwalking with babies and it sounded rather daunting. In particular, the issue that I'd heard most often was that you simply cannot walk anywhere near as far as you think you can. It was difficult to grasp the full reality of this, but I made it a primary consideration when planning our first such walk. And I'm so very grateful that I did!

For our first overnight bushwalk with kids, we hired the Baden Powell Memorial Lodge at Cradle Mountain for two nights and we asked a couple of friends to come along with us.



Conquering the Rock. Overland Track, en route Horse Track and BP Lodge

This is a well equipped private hut towards the top of the Cradle plateau. It has water on tap, a fully-equipped kitchen, several bunk beds and even a flushing toilet. We knew that we'd have to carry a lot of extra items for kids that we were not used to carrying so staying at this hut meant we could avoid carrying camping gear.

However, the most significant advantage of using this hut was that it was a very short walk from the cars, 45 minutes recommended, 30 minutes for fast walkers. This turned out to be about the right distance for us. The first half of the walk is quite flat, and the rest is moderately steep uphill. It took us nearly two hours of painful walking,



Sophie (8 years old) and Ruth (6 years old) taking in the view at Lady Lake Hut

feeling like pack horses the entire way. That was much longer than I'd anticipated and we were thoroughly exhausted when we arrived. This was partly because we were out of condition, but largely because of the extra difficulty in carrying kids and all the gear that kids require.

We'd been told again and again how difficult it would be, but it's not until you experience it that you can fully comprehend it. Mind you, we were doing this with two kids, not just one, so that was even more difficult. Think about the logistics. When you go on an overnight bushwalk you have a fairly full back pack, and you generally feel that you would not want to carry much more than that. Add to that all the extra things that an extra two

“You may think that a portacot is a bit of overkill, but it was excellent for this first trip.

people need. You think that's bad enough? Now add the weight of the extra two people themselves! Kids are heavy!

Here is a list of some of the extra gear that we've carried for bushwalking with babies or kids:

- Portacot - we have a brand that packs down to a similar size and weight as a tent.
- Baby wipes - these vary a lot in quality and there's only one brand that we consider to be any good.
- Nappy bags - use separate bags for dirty knickers/undies and dirty wipes so that when you get home you don't have to try to separate several days-worth of this mess.
- Nappies - at home we use cloth nappies most of the time, but certainly not when bushwalking - for the babies I mean, not the adults
- Poo & wee - you can't leave those used disposable nappies in the bush.



Nik, Heidi, Ruth and Sophie on Hazards Beach, Freycinet Peninsula

- Emptied baby wipes bags - highly recommended to buy good-brand wipes in bulk, and never throw out the zip lock bags they come in; they are super-tough and can hold many dirty nappies.
- Antiseptic hand wash - some people always carry this bushwalking, but when changing nappies several times a day it's even more of a good idea.
- Toilet seat - if your kids are toilet training, squatting over a hole in the ground can be tricky for them; a comfy toilet seat on the ground can help.
- Teddy bear - for kids who are a bit older than babies

You may think that a portacot is a bit of overkill, but it was excellent for this first trip. It meant that Ruth, at four months old, could go to bed in the next room where her crying would not keep us awake, and we'd know that she'd be safe in the portacot. Unlike the huge heavy rectangular ones that many people use, our portacot packs very small and is quite light to carry.

“ Heidi carried two kids, Sophie on her back, and Ruth on the front, and I carried two packs.

Now, how do you carry all of this additional equipment, plus the kids themselves, as well as all of your usual gear? Well, I'd got an idea from a bushwalk

a few years earlier when my brother injured his knee and we all took turns in carrying his pack, as well as our own - two packs, one on the back and one on the front - so that he could hobble out using an improvised crutch. The front pack was not as full as the back pack so that you could at least see over it a little. This is what I decided to do for our first overnighter with babies. Heidi carried two kids, Sophie on her back, and Ruth on the front, and I carried two packs. On the way out we carried a pack and a child each.

It turns out that this was a *very bad idea*! I strongly recommend against it. In hindsight, it would have been better to have done the walk 18 months earlier, with only one baby or a year later when Sophie could walk all the way. Sure, we survived the walk



Sophie (3 years old) with her friend Asha, Horse Track, en route BP Lodge

and we had a great time, but after about the first 15 minutes or so the walking was most unpleasant. It was also quite difficult to see where I was putting my feet due to the large front pack obscuring most of the ground. The massive strain we were putting our bodies under was very difficult for us both but especially for Heidi who is not as keen on bushwalking as me, and it was psychologically difficult for me trying to keep us motivated to keep going. The rain helped with that too.

I certainly don't recommend taking babies bushwalking in the rain but in this case, I figured that it was a short distance to a good hut and at worst, we could easily return to the car at any time. However, I was very grateful to reach the hut safe and sound, at which point our youngest was handed into the care of the friendly hut warden while we unpacked and dried out.

The following year we did the same walk again with another family including their

“ ... four adults and six kids under six years old. That was a great adventure!

four kids - four adults and six kids under six years old. That was a great adventure! The noise in that hut! Having learnt from our last experience, and having Sophie able to walk the entire distance and, Ruth not requiring a portacot, we had somewhat easier loads to carry. This made all the difference and we really were able to enjoy the actual walking this time, not just the camping - in fact I'd almost say that the exact same track was a doddle compared to the previous time. The sunny weather probably helped a bit too.

Instead of carrying two packs at once, the two Dads did double the amount of trips. This was practical simply because it was such a short distance. After everybody reached the hut, the Dads had a bite to eat and a drink and returned to the cars for their second loads. It only took us 25 minutes to get back to the cars, and then 35 minutes to reach the hut again. On the last day, we took the first packs to the car early and then returned to help clean up the hut. We walked out again with the rest of the families and our second loads.

Part two of the article will be published in December 2015 BWA.



Nik has been bushwalking for as long as he can remember, which turns out to be about 40 years. He lives near Launceston in Tasmania and has recently changed career from an IT systems admin to working with Geographic Information Systems. Nik also created Australia's most popular bushwalking web site Bushwalk.com and developed an offline mapping and spatial data system for iOS devices. Two of his greatest personal achievements are raising two girls and rafting the Franklin river - he's unsure which of these is more scary or more exhilarating.



Sophie (7 years old):
"My legs hurt but I feel great!"

CEJ's South Australian Bushwalking Website

Chris Jones



It's been over 15 years since I last walked the St Marys Peak loop in the Flinders Ranges National Park, but it is still the best walk that I have done in South Australia. It takes in a brief walk alongside a creek into Wilpena Pound, and a stroll through that giant amphitheatre. There is a moderate walk up to the lip of the Pound, and then a climb up a spur to the top of the peak.

From here you can see the Pound spread out beneath you, with the Elder Range beyond in the west, and the Flinders and ABC Ranges to the north. If you are lucky you will see wedge tail eagles and tourist planes circling below you.

From here the track descends the outside of the Pound. You need to use hands almost as much as feet for quite some distance until it gradually drops to the scrub below. Eventually you reach the camp site five or more hours after you left.

The walk is a great experience, and the colours of the hills and sky at different times of day are fantastic.

Another very scenic walk is on the Heysen Trail from Waitpinga Beach to Kings Beach. It takes in the popular surfing beach at Waitpinga, and continues along mostly cliff tops with great views of the ocean and the coast west of Victor Harbour. The walk is outstanding on a sunny day, and you may see whales from the cliffs during winter. See my [blog post](#) for more details.

While great, at about 24 kilometres return this walk is possibly a bit longer than many people will want to do. At 8 kilometres return, Kings Beach going west along the trail might suit many. This takes in some of the best scenery in this coastal section of the trail. The turn-around point is marked by a wonderfully placed picnic table facing west back along the coast. See [here](#) for more details.

For years I enjoyed day walks on short trails, but decided I would like to start day walks on sections of long-distance trails in the state. Yes, that means in many cases my walks are there and back again, but the different views and times of day usually keeps the return interesting.

The 54 kilometre Yurrebilla Trail in the Adelaide Hills from Belair Railway Station to Ambers Gully on the Torrens was my introduction to longer trails. It goes through Belair National Park, Brownhill Creek, Waite Arboretum, Cleland Conservation Park, Horsnell Gully Conservation Park, Morialta Conservation Park, and eventually Blackhill Conservation Park. Depending on desired walking time and fitness, it can be done in 5 to 10 trips.

The Lavender-Federation Trail goes from Murray Bridge past Truro and might eventually reach Clare. It goes through lots of farming areas, but also has a short walk along the Murray River, a wetland, and climbs to some hilltops with great views such as Mt Beevor. It also passes Monarto Zoo, so you can see giraffes and other exotic animals in the distance. I have done about one and a half stages of this walk in eight day walks.

I have also completed a respectable chunk of the Heysen Trail – from Cape Jervis to Melrose (except a section leading into the Wirrabara forest), and some miscellaneous bits in the Flinders Ranges National Park. So far it's taken about 85 day or part day walks on the trail. Can I get the whole way with day walks? Unlikely, but fun to consider!

CEJ's South Australian Bushwalking Site - Walk

Whale Watcher's Way walk 7a Waitpinga Cliffs half day trip

Distance: 8.4 Km return; Walking Time: 2:13; Rating: 4.0; Grade: Easy 70%, Medium 30%

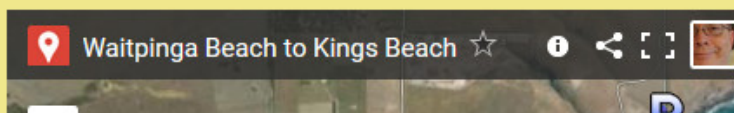
Region: Fleurieu Peninsula; Park: Newland Head CP

Parked at: Kings Beach Road (end)

Waypoints: Carpark, King Beach, Picnic Bench near 1.56 or 1.5F

Walk Dates: 2011-04-03

Related walk: [Whale Watcher's Way walk 7](#)



My [blog](#) is there to share some of my walks since about 2006. The home screen is an introduction to the site. There is a recent walks page; an all walks page; a short trails page; and also pages for each of my day walks on the Heysen, Yurrebilla, and Lavender-Federation trails. Select a walk to see track notes plus any available photos, maps, and links to related walks.

The blog started with just data and a few notes about each walk. It soon included a few select photos from walks, links to maps, and eventually tracks drawn using recorded GPX data in Google maps. Someday I might add a page for showing a random walk and a page for searching by region and keyword.

The site code is a hand-brewed monster of my own creation. For the technically minded, a PHP script operates on an XML database, generating pages that pull in HTML and pictures as required. PHP is a general-purpose scripting language great for web development. Pages allow mixing standard HTML and scripting that can easily read web page parameters, has good pattern matching, and works well with XML.

I hope people can get walk ideas from my blog for a weekend, day, or even an afternoon walk. They can “go to the hills”

or sample interesting sections of some of the longer trails in the region. Long distance walkers can get detailed information about some trail stages. South Australia has a surprisingly varied terrain – get out there and enjoy it!



Chris lives in suburban Adelaide. He considers himself lucky to have had a full time job in computers for over 25 years. At weekends he often wants to get away from screens and has long enjoyed outdoor activities including cricket, skiing, and walking. He has always preferred day walks both locally and on SA long distance trails.



In the News

Take extra care during dingoes whelping season

This article is written by Queensland's Department of National Parks, Sports and Racing, but it is important for all areas where dingos live.

As fishers descend on Fraser Island for tailor season and families prepare for the September school holidays, rangers are reminding everyone to avoid interaction with dingoes, follow safety advice and report any negative interactions.

Queensland Parks and Wildlife Service (QPWS) Principal Ranger Fraser Coast, Ross Belcher, said tailor season and September holidays both coincided with dingo whelping season, a time of year when pups were learning hunting skills.

"During whelping season, there may be an increase in people's interaction with dingoes, as pups venture out of their dens and explore their surroundings, and adult dingoes teach natural hunting and survival skills to their young," Mr Belcher said.

"QPWS rangers continue to do all they can to ensure Fraser Island visitors and residents are "dingo-safe", particularly at busy holiday times.

"During the holidays, rangers will increase patrols in and around campgrounds and will be speaking to campers, day tourists, resort management and staff about reducing the risk of negative interactions between dingoes and people."

"Dingoes aren't pets – they are wild and predatory animals, they're unpredictable, and it is vital they are treated as such. Please give them their space."

"Dingoes may be determined and aggressive in their search for food, and females will aggressively defend their young."

"Female dingoes that are feeding young can become naturally lean during whelping time, but don't let that influence you into offering them food."

Mr Belcher said that feeding dingoes was illegal for good reasons.

"It's bad for the animal's health, it places the person in danger, and it perpetuates the problem when that animal begins to associate people with food," he said.

Visitors and residents on Fraser Island are reminded to be dingo safe at all times:

- Always stay close (within arm's reach) of children and young teenagers
- Always walk in groups
- Camp in fenced areas where possible
- Do not run. Running or jogging can trigger a negative dingo interaction
- Never feed dingoes
- Lock up food stores and iceboxes (even on a boat)
- Never store food or food containers in tents, and

Secure all rubbish, fish and bait.

To report a dingo incident, telephone (07) 4127 9150 or email dingo.ranger@npsr.qld.gov.au. Helpful information includes the location of the incident, dingo ear-tag colour and which ear.


Further information on being dingo-safe on Fraser Island is available at www.npsr.qld.gov.au.

See page 79 for more In the news.



Health Check: Why Mosquitoes Seem To Bite Some People More

Cameron Webb



There's always one in a crowd, a sort of harbinger of the oncoming mosquito onslaught: a person mosquitoes seem to target more than others. What is it about these unlucky chosen few that makes them mosquito magnets?

There are hundreds of mosquito species and they all have slightly different preferences when it comes to what or who they bite. But only females bite; they need a nutritional hit to develop eggs.

Finding someone to bite

Mosquitoes are **stimulated by a number of factors** when seeking out a blood meal. Initially, they're attracted by the carbon dioxide we exhale. Body heat is probably important too, but once the mosquito gets closer, she will respond to the smell of a potential blood source's skin.

Studies have suggested blood type (**particularly type O**), **pregnancy** and **beer drinking** all make you marginally more attractive to mosquitoes. But most of this research uses only one mosquito species. Switch to another species and the results are likely to be different.

There are up to 400 chemical compounds on human skin that could play a role in attracting (**and perhaps repulsing**) mosquitoes.

This smelly mix, produced by **bacteria** living on our skin and exuded in sweat, varies from person to person and is likely to explain why there is substantial variation in how many mozzies we attract. Genetics probably plays the biggest role in this, but a little of it may be down to diet or physiology.

“There are up to 400 chemical compounds on human skin that could play a role in attracting mosquitoes.”

One of the best studied substances contained in sweat is **lactic acid**. **Research** shows it's a key mosquito attractant, particularly for human-biting species such as *Aedes aegypti*. This should act as fair warning against exercising close to wetlands; a hot and sweaty body is probably the “pick of the bunch” for a hungry mosquito!

Probably the most famous study about their biting habits demonstrated that the mosquitoes that spread malaria (*Anopheles gambiae*) are attracted to **Limburger cheese**. The bacteria that gives this cheese its distinctive aroma is closely related to germs

living between our toes. That explains why these mosquitoes are attracted to smelly feet.

But when another mosquito (such as *Aedes aegypti*) is exposed to the same cheese, **the phenomenon is not repeated**. This difference between mosquitoes highlights the difficulty of studying their biting behaviours. Even pathogens such as malaria may **make us more attractive to mosquitoes** once we're infected.

Researchers are trying to unscramble the irresistible smelly cocktails on the skins of “mosquito magnets”. But the bad news is that if you're one of these people, there isn't much you can do about it other than wearing insect repellents.

The good news is that you may one day help isolate a substance,

“Only females bite because they need a nutritional hit to develop eggs.”

or mixes of substances, that will help them find the perfect lure to use in mosquito traps. We could all then possibly say goodbye to topical insect repellents altogether.

Attraction or reaction?

Sometimes, it's not the bite as much as the reaction that raises concerns. Think of the last time the mosquito magnets in your circle of friends started complaining about being bitten after the event where the purported mosquito feast took place. At least, they appear to have attracted more than the “bite free” people who were also at the picnic, or concert or whatever.

But just because some people **didn't react to mosquito bites**, doesn't mean they weren't bitten. Just as we do with a range of environmental, chemical or food allergens, we all differ in our reaction to the saliva mosquitoes spit while feeding.

People who don't react badly to mosquito bites may think they haven't been bitten when they've actually been bitten as much as their itchy friends. In fact, while some people attract more mosquito bites than others, there's unlikely to be anyone who never, ever, gets bitten.

The problem is that people who don't react to mosquito bites may all too easily become complacent. If you're one of them, remember that it only takes one bite to contract a mosquito-borne disease.

Finally, there is no evidence from anywhere in the world that there is something you can eat or drink that will stop you being bitten by mosquitoes. No, [not even eating garlic](#), or swallowing [vitamin B supplements](#).

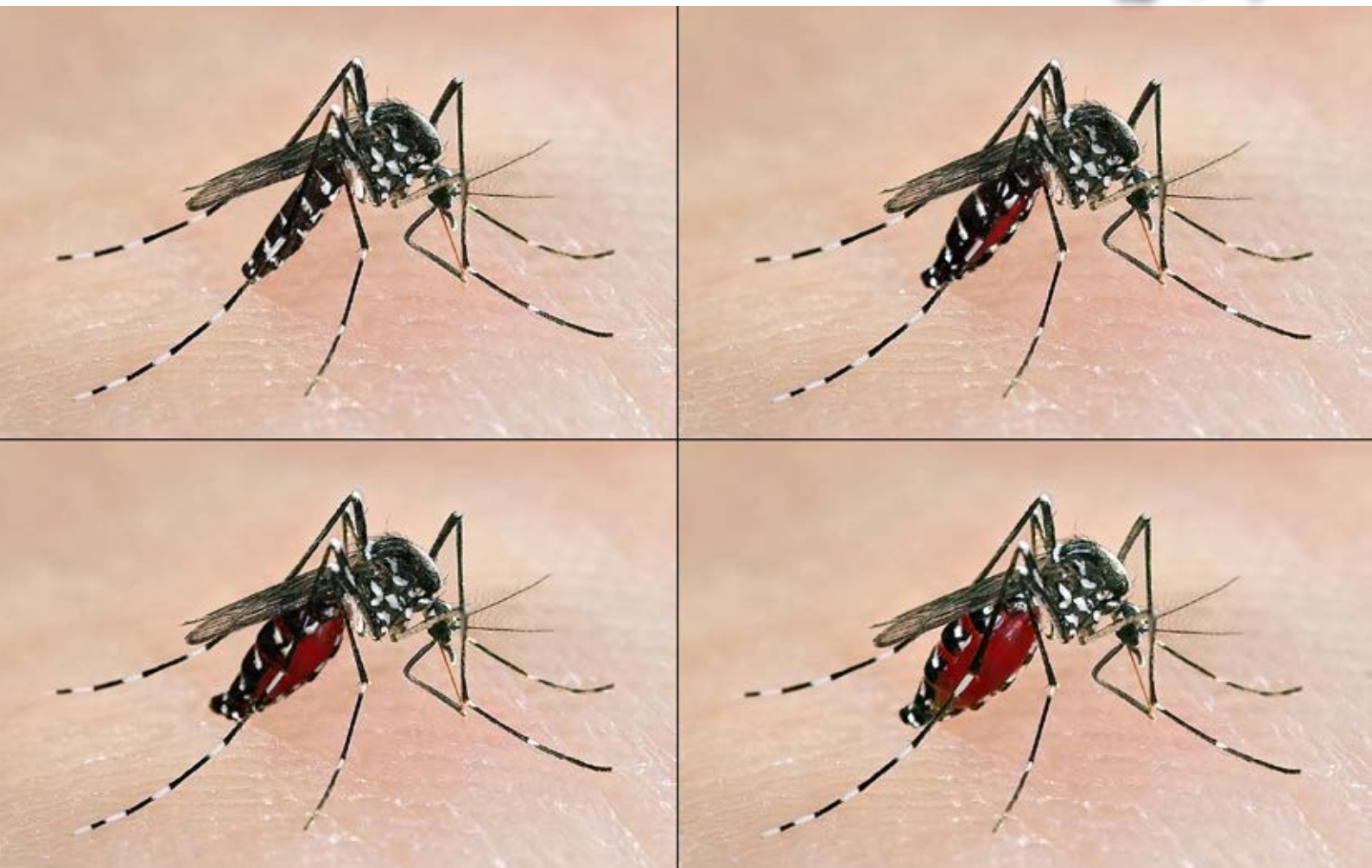
“... no evidence
... that there is
something you can eat
or drink that will stop you
being bitten

Perhaps if we spent as much time thinking about how to [choose and use mosquito repellents](#) as we do about why mosquitoes bite our friends and family less than us, there'd be fewer bites all around.

Cameron Webb

Clinical Lecturer and Principal Hospital Scientist at University of Sydney

The article was first published in [The conversation](#) (an independent source of news and views, sourced from the academic and research community and delivered direct to the public) on 25 January 2015.



Tiger mosquito (*Aedes albopictus*) having a blood meal
Marco Uliana

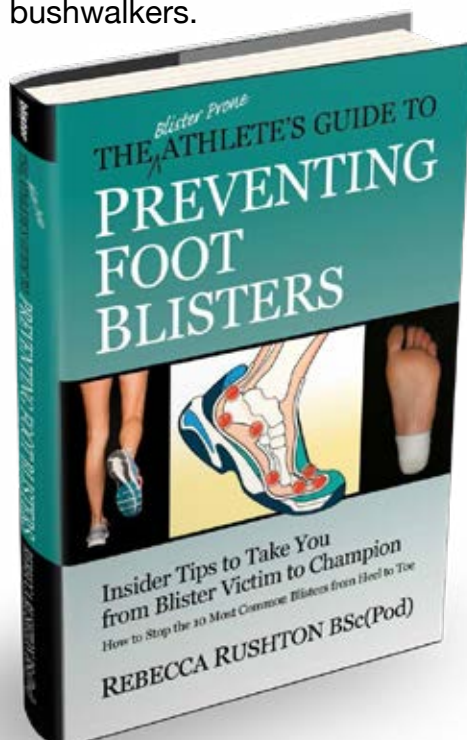
In the News

Is there a new species of funnel web spider on the NSW South Coast?

Scientists who are studying funnel-web spiders on the New South Wales south coast (at Booderee National Park) discovered a new species of funnel web spiders. They found a female spider of the tree-dwelling genus *Hadronyche*, not the ground-dwelling genus *Atrax*, which includes the Sydney funnel-web, the only species reported in the Park's records. Read here heraldsun.com.au

The Blister Prone Athlete's Guide To Preventing Foot Blisters

Rebecca Rushton is a podiatrist who is a recognised expert on blisters. Rebecca has written for BWA, and has a new book, *The Blister Prone Athlete's Guide To Preventing Foot Blisters, How to avoid the 10 most common blisters from heel to toe*. All of the book applies to bushwalkers.



Foot blisters can be tricky to avoid. New shoes, hot days, sweaty feet, hard surfaces, steep hills, longer distances. It can feel like you've tried everything but you still get blisters on your feet and you have no idea why. If you need to get serious about blister prevention. If you're blister prone and tired of stuffing around with things that don't work. It's time to get on top of this problem. There are 10 common blister locations on the feet. You'll get insider tips from a podiatrist who knows what it's like to suffer with blisters in sport, who specialises in blister management in the athletic arena, and who knows about feet and how they work.

Available from [Amazon](https://www.amazon.com.au) in October.



Book Review

Explore the Flinders Ranges

Matt McClelland

When I think about South Australia I automatically think of the Flinders Ranges - an astonishing area. A quick visit tells you this is a special place. If you can better understand the history behind it, then your experience will be richer for it.

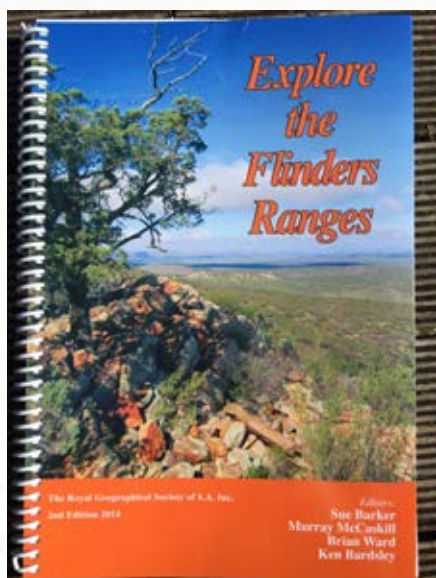
The Royal Geographical Society of South Australia were kind enough to send me a free copy of this book. I was sceptical at first; books written by committees are often difficult to read, with painful levels of details and may not be very practical. This book surprised me, it is great. It certainly has a big focus on geology, as you would expect, but I found myself getting excited about rocks – weird I know. If you are ever going to get excited about rocks, the Flinders Ranges is the place to do it.

Bushwalk

*... they caught my imagination before I ever saw them, they took
well and truly when at one magical dawn I first glimpsed their tilted
through the parted flaps of a tent. I was at once intrigued by the skyline
profiles, fascinated by the warm reds of the rock faces grading into blue
purple distances and excited by the steep and rugged mountains themselves.*

C. Warren Bonython, Walking the Flinders

The book is divided into seven main sections: history, discoveries, drives, town walks, bushwalks, gazetteer and more things to do.



The history section is wonderful. It starts, as you would hope, with the geological history, with helpful diagrams and photos. It then dives into the flora and fauna, giving you a sense of

how important the geology is to shaping life on the ground. The book then gives you an outline of the history of the aboriginal peoples of the area, their relationship to the land and the impacts of European settlement. There are details on the more recent farming and mining histories of the region. The History section finishes with an interesting outline of the history of bushwalking in the Flinders Ranges. All this history really sets the context and helps any visitor better understand the value of this ancient and spectacular landscape.

This is a great book if you are planning a driving holiday or just visiting the area. The discoveries, drives, town walks and other sections help you pick the key points to explore and give you enough information to not only get there, but to better experience the area.

The Bushwalks section is obviously the one we are most interested in. There are 16 walks provided in detail and seven bonus walks with less information. The section starts with a few pages of photos that are very helpful in identifying local plants and animals.

The walks provided in detail are all half to full day walks and each has their own map. The maps are nice looking colour topo maps with a 50 metre contour interval. The scales vary from around 1:20,000 to 1:50,000, and they all show points of interest, segment distances, key tracks and features in the area

as well as information about road access from nearby towns.

The walks have a good format, which includes an introduction; walk length, time, and style; altitude range; access and track quality, such as the surface. The track notes section is interesting. Rather than providing detailed navigation notes, there are notes about the geology and flora about every 200 metres along the route. This is an interesting way to help walkers better understand and appreciate the landscape. There are some navigational track notes (in italics) scattered throughout. Personally I would have liked a little more details on navigation and maybe a few more photos of each walk, but I also appreciate the difficulty of pleasing everyone with a book layout. I liked that they have focused the walking section on the lesser-known

walks, giving you more opportunity to explore the diverse areas.

“If you are ever going to get excited about rocks, the Flinders Ranges is the place to do it.”

All in all, if you are visiting the area, I would definitely recommend this book as part of your collection. Understanding the geology of a landscape helps you much better observe, understand and appreciate the rest of the visible environment. Now I want to get back there and spend more time wandering through places like the Remarkables and Wilpina Pound, but I will also get out and explore some of these lesser-known walks to get to better appreciate the Flinders Ranges.

The book was published by the [Royal Geographical Society of South Australia](#) (RGSSA), a volunteer, not-for-profit organisation for advancing geographical science and promoting public awareness and enjoyment of Geography and related topics. Membership of the Society is by subscription and is open to anyone. While the Society takes a special interest in the geography of South Australia and its immediate region, it also extends to the global scale.

Explore the Flinders Ranges can be ordered through the RGS office by phone or email. Follow [this link](#).



Happy Hour and Evening Treats

Sonya Muhlsimmer



After a long hard day walking, to arrive at your destination for the night is a feeling of accomplishment. To arrive in time for “Happy Hour” and to enjoy the view before the sun goes down, well, is bliss. The treats on the menu tonight are so simple to prepare and delicious - it really doesn’t get any better than this. There’s a wide variety to choose from. Some of the suggestions on the menu are sun dried olives and tomatoes, beef jerky or even some cheese and salami on biscuits, just like an antipasto platter. There are other suggestions such as guacamole, vegetable sticks and fresh bread, recipes supplied below. These dips, vegetables and bread can be a real treat after walking days on dried food rations. Hummus can also be prepared easily on the trail as a snack for Happy Hour (recipe in BWA October 2014). Oh, by the way, don’t forget the salted nuts; they’re great to munch on too. Enjoy Happy Hour wherever you are!

Guacamole

As mentioned, to have some fresh food after a few days of dried food is a real treat. This recipe for guacamole is the easiest recipe to prepare, anywhere, any time. No skill required, just two ingredients and it goes well with fresh bread. The only hard part is that you have to make sure that the avocado is kept safe and secure in the rucksack, preferably in a container, so it doesn't get squashed. For another serving suggestion as shown here, celery and carrots can be used as an accompaniment to this dip. If you pack them well enough they also keep well in the rucksack for a few days.

At home

Place the avocado in a container, ensuring it will not get squashed. Wrap the carrot and celery up in plastic wrap, or place them whole in a container. Place the sweet chilli sauce into another small container on its own.

Method at camp

Cut the avocado in half, scoop out the flesh and place it in a bowl. Mash the avocado flesh with a fork, then add the Tbsp of sweet chilli sauce and mix through. Cut the carrot and celery into sticks and serve them with the guacamole.



Avocado	1 each	Keep separate
Sweet chilli sauce	1 Tbsp	Container
Carrot	1 each	Keep separate
Celery stick	1 each	Keep separate

Flat Bread

Flat bread is a cinch to prepare, and in no time you'll have some fresh hot bread. Flat bread served with some dip or cheese is divine for an evening treat. Any time is a good time to have fresh hot bread. By the way, flat bread does not have to be just flat bread. You can spruce it up by adding a few pinches of dried garlic, dried herbs, ground chilli powder or flakes, or even some lemon pepper. Wow, what a selection of fresh bread! However, the best way to have this bread is with a side serving of guacamole.

At home

Label the bag and place all ingredients into the allocated bag. Copy or print out Method at camp and keep together with the bag.

Method at camp

Add the bread mix bag contents to a bowl. Slowly stir in $\frac{1}{4}$ cup of water into the bread mix, stirring it to make a dough. Halve the mix and in your hand roll the half amount of dough into a ball. Using your fingers push out into a round disc either on a flat surface or in the pan. Place the pan over a low heat, add the flat bread and cook for about 2 minutes on one side until golden brown. Flip and cook again for about 2 minutes. Serve.



Bag 1 (bread mix)

Self raising flour	$\frac{1}{2}$ cup	71 grams
Milk powder	2 Tbsp	20 grams
Baking powder	1 tsp	4 grams
Salt	few pinches	

Water - $\frac{1}{4}$ cup



Magazines



Wild 149 issue

Wild, Australia's wilderness adventure magazine

Wild dubbed "Gaining an edge", explores the intersection of wilderness and civilisation, with suggestions of some key adventures to perform on the border of both worlds. International journeys include the Southern Grand Randonnée in New Caledonia and the UK's South West Coast Path. Meanwhile, this issue's Track Notes cover two routes in Tasmania's Wellington Park, overlooking Hobart.



AG Outdoor July-Aug issue

Tassie is undoubtedly one of the world's best trekking destinations and in this issue, we reveal five of the state's best hikes. We also explore Dubai and show just how much adventure there is in this global shopping hotspot. There's expert advice on training for multi-day walks, and an adventure guide to the Gibb River Road, one of Australia's best 4WD trips in WA's Kimberley region. On top of all this, we hike in Nepal, cycle the amazing Great Lake Trail network in Taupo, NZ and show you how to get your young'uns into canoeing.



The Great Walks Aug-Sep issue

Nepal walking special

Taking on the Aussie camino

Wine Glass Bay Sail/Walk

The best rucksacks on the market

Walking for weight loss



The Bush It Gives Me Pleasure

Stephen Lake



Tune: *Theme from M*A*S*H*

Through early morning mist I see,
Mountains are surrounding me.
This is where I want to be,
Resting here beneath a tree.
The bush it gives me pleasure.
The heart of all my leisure.
And I can never leave here and be free.
And you can do the same thing, come with me.

A lovely glade to pass the day.
Wanting here this place to stay.
Skies are blue, and clouds are grey,
Cities dreary any way.
The bush it gives me pleasure ...

This is the cream of exercise,
Walking slow beneath the skies,
Climbing gently up the rise,
Watch the birds, hear their cries.
The bush it gives me pleasure ...

Best way of travelling's on my feet,
Climb a mountain, people meet,
There might be cold, there might be sleet,
But I don't care it is all sweet.
The bush it gives me pleasure ...

Ford the river, climb the hill,
With roaring winds or calm and still,
I can never have my fill,
Rejoicing here I always will.
The bush it gives me pleasure ...

Trying hard to go out there,
In wild country, for that is where,
Eternal disposition fair,
Relaxing calm without a care.
The bush it gives me pleasure ...

One day I guess I'll be too old,
Hills too steep, ground too cold,
Cannot then refresh my soul,
With all my visits are on hold.
The bush it gives me pleasure ...

Perpetual good memories,
Camped in the bush, for it does please,
Hot or cold, maybe freeze,
For that is where I want to be.
The bush it gives me pleasure ...



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New Products For November



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